



Ice storm

What to do before, during and after an ice storm that knocks out power for hours or days. Print it and keep it with your kit.

Before (preparation)

- Keep a **flashlight** and a **battery or wind-up radio** in a fixed spot everyone in the home knows.
 - Store **fresh batteries** for every device, plus a charged **power bank** for your phone.
 - Set aside **water** and **food that needs no fridge or cooking** (canned goods, dried fruit, crackers) for at least three days.
 - Have **warm layers, blankets and an alternate heat source** ready, since the furnace stops without power.
 - Keep a little **cash in small bills**: when the power is out, debit machines and ATMs may not work.
 - Know how to **follow Environment Canada warnings** (weather radio, phone alerts) and where your electrical panel is.
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During the storm

1. **Follow Environment Canada warnings** and local advisories. Stay indoors and off the roads while freezing rain is falling.
2. **Prepare for a prolonged power loss.** Gather the family in one room to keep it warm, and use your flashlight and battery radio rather than candles, which are a fire risk.
3. **Never run a generator, barbecue or fuel-burning heater indoors** or in the garage, even with the door open. They give off carbon monoxide, an odourless gas that can be deadly.
4. **Stay off icy roads.** Driving on freezing rain is one of the biggest dangers; only travel if it is truly an emergency.
5. **Keep well clear of ice-laden trees and downed power lines.** Assume every fallen line is live and call 911 if one is sparking or blocking a road.
6. **Keep the fridge and freezer closed** to protect your food, and dress in layers to hold body heat.

If it lasts (24 h or more)

- Check that **cold food is still safe**: discard anything that has been above 4 °C for more than two hours.
 - Keep one room warm and **watch for hypothermia**, especially in children, older adults and anyone unwell.
 - Check on neighbours** who live alone, older adults, and people who rely on electric medical equipment.
 - Find out whether your municipality has opened a **warming centre** or charging point, and listen for updates on the radio.
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After

- Restock what you used** from the kit: batteries, water, food and the power bank charge.
 - Stay clear of downed lines** and ice still hanging from trees and roofs until the area is declared safe.
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Note what you ran short of, so you can improve your kit before the next storm.

Safety: never run a generator, barbecue or any fuel-burning device indoors, in a garage or in an enclosed porch. They release carbon monoxide, an odourless and invisible gas that can cause serious or fatal poisoning.

Get ready for an ice storm in your area

The planner sizes your kit by people and days.

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