

We are no stranger to snow...but since we got our first snowstorm of the season and year, this newsletter will outline winter storm safety reminders for the next storm with information from the [Massachusetts Emergency Management Agency](#).

Before a Winter Storm

- Be informed by receiving alerts, warnings, and public safety.
- Assemble an emergency kit and add seasonal supplies, including winter clothing and blankets.
- Prepare for possible power outages, by fully charging your cellphone, laptop, and other electronic devices

During a Winter Storm

- Minimize outdoor activities, if possible.
- Dress for the season to protect against the winter conditions.
- Watch out for signs of hypothermia and frostbite. Some signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, and slurred speech. Some signs of frostbite include a white or grayish-yellow area on the skin, skin that feels firm or waxy, and numbness. If a person's temperature is below 95° F, get medical attention immediately! ([CDC](#))



After a Winter Storm

- Call 9-1-1 to report emergencies, including downed power lines and gas leaks.
- Stay away from downed utility wires. Always assume a downed power line is live.
- Use caution and take frequent breaks when shoveling snow to prevent overexertion. Heavy snow shoveling can be very demanding on the heart. The American Heart Association (AHA) recently released an article cautioning residents that extra exertion of shoveling snow, especially in cold temperatures, can lead to dangerous heart issues. Click [here](#) for the link to the AMA article.
- Clear snow from around vehicle exhaust pipes before starting the vehicle to avoid carbon monoxide poisoning.
- Check on family, friends, and neighbors!

Safe Winter Driving Tips:

- Avoid driving during winter storms unless it is absolutely necessary.
- Clear snow and ice from windows, lights, the hood, and the roof before driving.
- Be aware of children playing in the snow near road traffic.
- For more information about winter weather driving, visit [mass.gov/winter-weather-driving](#)

