

# The Weather Outside is Frightful: Winter Weather Safety Tips



Winter weather is tough for everyone, but it can be especially hard for families with low incomes.

When the temperature drops, heating bills go up, and some people can't afford to keep their homes warm. Landlords may not provide tenants adequate heat. Others may face eviction for falling behind on rent or foreclosure due to increased financial strain from heating costs. The risk of house fires also increases in the winter. During this time of financial stress, scams and predatory lenders target low-income people with quick solutions. Further, around the holidays, domestic violence often increases.

AppalReD Legal Aid can make a big difference for families facing challenges during winter. We can help you work with your utility company or landlord to solve utility or housing problems. We can dispute consumer fraud. We can go to court with you for a protection order.

AppalReD Legal Aid's Disaster Legal Services team has some tips to help keep you safe and warm.

# Winter Weather Safety Tips

## GATHER SUPPLIES SEVERAL DAYS IN ADVANCE

- Collect flashlights with extra batteries
- Store drinking water (1 gallon per person per day for at least 1-3 days)
- Stock up on non-perishable food and pet food (enough for at least 1-3 days)
- Refill medication
- Power portable phone chargers
- Consider purchasing an emergency warming blanket for each person in the household

## KNOW THE SIGNS



**Hypothermia** can cause shivering, exhaustion, confusion, memory loss, and slurred speech.



**Frostbite** can cause numbness, white or gray skin, and skin that is firm or waxy to touch.



**Carbon Monoxide Poisoning** can cause excessive sleepiness, nausea, migraines, chest pain, and trouble breathing.

## TRAVEL TIPS



- Stay home if possible
- If you must travel, do so in the daytime
- Stay on main roads as much as possible
- Keep an emergency kit in your car:
  - Jumper cables and tire repair
  - Blankets
  - Flares
  - Flashlight and batteries
  - Portable phone charger
  - Scraper and de-icer

## PREVENT FIRES AND CARBON MONOXIDE POISONING



- Only run generators outdoors
- Never leave burning candles, space heaters, or food on the stove unattended
- Make sure vents are free of snow and debris
- Do not use oven to heat home
- Consider replacing gas heating systems with electric if possible
- Invest in several battery-powered combination fire and carbon monoxide detectors for your home, especially if you have a gas heater!

## **Gather Supplies Several Days in Advance of Storm**

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## **Travel Tips During Winter Weather**

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AppalReD Legal Aid's Disaster Legal Services team tackles legal issues to help July 2022 flood survivors remain housed, economically stable, and food secure so they can recover and

Last updated on December 11, 2024.

[Disaster Legal Aid Evictions](#)

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