

- Bring your companion animals inside and ensure that your horses and livestock have blankets if appropriate and unimpeded access to shelter, food, and non-frozen water.

#### What to Do During a Winter Storm Watch

##### CORE ACTION MESSAGES

- Stay informed.
- Shelter animals.
- Stay inside if possible.

- Listen to NOAA Weather Radio or a local radio or television station for updated information.
- Watch for changing weather conditions. Severe weather can happen quickly. Temperatures may drop rapidly, winds may increase, or snow may begin to fall at heavier rates. Even local media may not know moment by moment what is happening in your particular area.
- Move animals to sheltered areas with a supply of non-frozen water. Most animal deaths in winter storms are caused by dehydration.
- Ensure that you have supplies for clean-up for your companion animals, particularly if they are used to eliminating outdoors (large plastic bags, paper towels, and extra cat litter).
- Avoid unnecessary travel. The safest place during a winter storm is indoors. About 70 percent of deaths related to ice and snow occur in automobiles.

#### What to Do During a Winter Storm Warning or a Blizzard Warning

##### CORE ACTION MESSAGES

- Stay informed.
- Stay inside if possible.
- Dress warmly in layers.
- Watch for dangers.

- Stay indoors and wear warm clothes. Layers of loose-fitting, lightweight, warm clothing will keep you warmer than a bulky sweater. If you feel too warm, remove layers to avoid sweating; if you feel chilled, add layers.
- Listen to a local station on battery-powered radio or television or to NOAA Weather Radio for updated emergency information.
- Bring your companion animals inside before the storm begins.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Keep the body replenished with fluids to prevent dehydration. Drink liquids such as warm broth or juice. Avoid caffeine and alcohol. Caffeine, a stimulant, accelerates the symptoms of hypothermia. Alcohol, such as brandy, is a depressant and hastens the effects of cold on the body. Alcohol also slows circulation and can make you less aware of the effects of cold. Both caffeine and alcohol can cause dehydration.