

Winter Weather – Are You Prepared?

Ice, snow, sleet, frost, and extreme cold temperatures have been a threat to Alabama during the past few years and will continue to cause significant issues in the future. The ice event, commonly referred to as “snowmageddon,” in January 2014 underscored the need for personal preparedness plans and supplies. Many people were stranded at work or in their cars or had to walk long distances to get to safety. Most were caught unprepared, without warm clothes and shoes, emergency supplies and medication.

It’s not a matter of “if” but “when” extreme winter weather will affect Birmingham again. Forecasters at [NOAA’s Climate Prediction Center](#) are forecasting increased moisture and below-average temperatures for the Southeast. Now is the time to plan and prepare. The lists below will help guide you with some suggestions on necessary supplies. **Are You Prepared?**

In your car:

- Jumper cables
- Flashlight & extra batteries
- Water for each person and pet
- Shovel
- Ice scraper
- Blankets or sleeping bags
- Cat litter or sand for better tire traction
- AM/FM radio to listen to traffic reports and emergency information
- Food items containing protein such as nuts and energy bars
- First aid kit
- Extra prescription and nonprescription drugs
- Flares or reflective triangle
- Baby supplies, if a small child is in the household
- Warm clothes, gloves and sturdy walking shoes
- Enough fuel to get home, even accounting for traffic
- Charged cell phone and charger

At your home:

- Water
- Food
- Flashlight & extra batteries
- Battery-powered or hand-crank radio
- First aid kit
- Wrench or pliers to turn off utilities
- Signaling whistle
- Manual can opener for food
- [Emergency Financial First Aid Kit – EFFAK](#)
- Local maps
- Cell phone with chargers or solar charger
- Cash or travelers checks
- Food and extra water for pets
- Paper and pencil
- Prescription and nonprescription drugs
- For baby: formula, powdered milk, diapers, diaper rash ointment
- Canned or boxed freeze dried food
- Matches in water-proof container

In your office:

- Copy of all prescription drugs, including picture of label on your smart phone
- At least a 72-hour supply of prescription and non-prescription drugs
- Few cans of non-perishable foods, such as soups in your desk or locker
- Manual can opener
- Copy of your family’s emergency and communication plan so you will know what everyone is supposed to do and where to be
- Flash light and extra batteries
- Sealable container to keep all of your supplies in – in case you need to grab and go due to evacuation of your workplace