



EMERGENCY PREPAREDNESS BULLETIN

WINTER SAFETY

California Department of Developmental Services

JANUARY 2025



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Winter Weather Safety

As winter swiftly approaches, it is crucial to prepare for the season's challenges to support the safety and well-being of our community. This bulletin highlights key concerns for the upcoming months, including winter weather preparedness, flood safety measures, and flu prevention tips. Stay informed, stay safe, and enjoy a peaceful and happy winter season.

Stay Safe During the Winter Season

- **Do not use gas-operated items like generators or camp stoves in confined, closed areas.** These items can build up deadly carbon monoxide gas.

- **Be careful on roads**

Drive slower than normal on wet roads.

During a winter storm, stay off the roads if you can. They may be iced over or have low visibility.

Be sure to check your tire's air pressure.

Have a to go bag in your vehicle with essentials such as water, a blanket, flashlight, phone charger or power bank for your phone.

- **Limit time outside**

Be sure to check the weather's temperature when making plans to be outside.

Dress in layers— shirts, sweaters, jackets, scarves.

Keep your face shielded from the cold and wear gloves to protect your hands.

Try to stay dry when outside and stay hydrated when outside.



Stay Safe During the Winter Season (continued)

- **Frostbite and hypothermia can be life-threatening. Please see your doctor if you show any of the signs of frostbite or hypothermia.**
- **Signs of frostbite include** loss of feeling, white or grayish-yellow, or firm or waxy skin.
 - If you notice any of these, be sure to get to a warm room.
 - Use body heat to keep warm.
 - DO NOT massage skin or use a heating pad.
- **Signs of hypothermia include** low body temperature - below 95 degrees, shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.
 - If you notice any of these, get to a warm room.
 - First warm the center of your body (neck, chest, head, and groin).
 - Be sure to keep dry and cover up with blankets.

Source: [US Department of Homeland Security](#), [US Dept of Commerce's National Weather Service](#)

Stay Safe During a Flood

- **Flooding can happen anywhere and with little warning – especially in Winter and early Spring. Taking steps before, during, and after a flood can make all the difference in protecting you, your family, your neighbors, and friends. Here are some important steps to help navigate flood conditions safely and confidently:**
 - If you live where it snows, more water will be left after it melts.
 - Areas that have had recent wildfires are more prone to flooding.
 - Keep up with local officials and media alerts.
 - Sign up [here](#) to receive emergency alerts for your county.
- **Do not walk, swim, or drive through flood waters.**
 - It is often deeper than it looks.
 - 6 inches of water can knock you down, 1ft of moving water can move a small car, and 2 feet can move larger vehicles.
- **Prepare to move to higher ground or a higher floor immediately, if able.**
 - If you have time, disconnect utilities and appliances.
- **[Read more about how to prepare an emergency preparedness toolkit.](#)**

Source: [Governor's Office of Emergency Services](#), [California State Council on Developmental Disabilities](#), [US Dept of Commerce's National Weather Service](#)

Stay Healthy During Flu Season



● **Try Spending More Time Outdoors:** Spending more time inside means we can catch viruses more easily. Try improving ventilation and filtration when indoors. Be sure to wash your hands often and cover your mouth if you cough or sneeze. [Read more about respiratory viruses and prevention methods.](#)

● **Get Vaccinated:** Make sure your flu and COVID-19 vaccinations are up to date. Vaccines help protect you and those around you from getting sick.

[Read more about COVID-19 Vaccines.](#)

[Read more about Flu Vaccine Safety.](#)

● **For questions or concerns related to flu or COVID-19 vaccines, please see your doctor.**

Source: [U.S. Centers for Disease Control and Prevention](#), [The American National Red Cross](#)



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