

Tips from the National Weather Service

Don't get caught unprepared.

- Check the Forecast at [weather.gov](https://www.weather.gov) or your favorite weather app, station, etc.: Make checking the forecast part of your regular routine so you'll know when to expect cold weather.
- Adjust Your Schedule: If possible, adjust your schedule to avoid being outside during the coldest part of the day, typically the early morning. Try to find a warm spot for your children while waiting for the school bus outside.
- Protect Your Pets, Livestock and other Property: If you have pets or farm animals, make sure they have plenty of food and water, and are not overly exposed to extreme cold. Take precautions to ensure your water pipes do not freeze. Know the temperature thresholds of your plants and crops.
- Fill up the tank: Make sure your car or vehicle has at least a half a tank of gas during extreme cold situations so that you can stay warm if you become stranded.
- [Dress for the outdoors even if you don't think you'll be out much](#) [GRAPHIC].

Stay diligent after it warms up.

- Check Your Pipes: Your pipes may be frozen. Water pipes on exterior walls and in places that are subject to cold, like in the basement, attic, and under kitchen cabinets, freeze most often. Water expands as it freezes, causing pipes to burst. If they are frozen, first turn on the faucet. Water will drip as you warm the pipes. Heat the pipes using a space heater, heating pad, electric hair dryer, or hot water on a cloth. Never use an open flame. Continue until water pressure returns to normal or call a plumber if you have more issues.
- Salt Your Walkways: Once it warms up enough to go out, it's important to shovel the snow from your sidewalks and driveway or sprinkle salt if there is ice. If there is a thick layer of snow on the ground you cannot move, salt the area so that the snow melts. You should also put down salt if there is ice on your stairs leading into your house--less than a quarter inch of ice can be dangerous!
- Call Your Neighbors: Check to see that your neighbors are okay after the storm, particularly seniors, disabled persons or others living alone. Carbon monoxide poisoning is one of the leading causes of death after storms, particularly when there are power outages. Cases of frostbite and [hypothermia](#) are also common for elderly people who were stuck in their homes.
- Refill Your Supplies: This storm may be over, but there might be another one soon. Every storm is different, so it is important to always be prepared.