

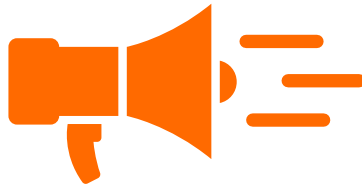


WINTERWISE

are you ready?

City of Aurora Office of Emergency Management





Emergency Notifications

Register your contact information and the city will be able to notify you when an emergency occurs in your area. You must provide an address within Aurora. You may opt-out when you no longer want emergency notifications from the city of Aurora. An emergency notification could be made for an imminent threat, natural or man-made disaster, missing persons or any other emergency situation in your area.

Register to receive information the way you prefer, such as a mobile phone call, text message, email or all.

To register, go to AuroraGov.org/AlertAurora or scan this code:



Emergency information will also be available on the city's social media platforms. See page 12 for details.

Weather Alerts

Because winter storms and extreme cold events come with advance notice, the National Weather Service will issue advisories, watches and warnings for blizzards, heavy snowfall, freezing rain, sleet or extreme cold. To increase preparedness, the city's Office of Emergency Management recommends owning a NOAA Weather Alert Radio or tuning to local TV and radio stations to stay alert of severe weather conditions, in addition to signing up for the city's emergency alerts at AuroraGov.org/AlertAurora. Further details on Winter Weather Warnings, Watches and Advisories can be found at www.nws.noaa.gov/om/winter/ww.shtml.





Important Phone Numbers

911 POLICE & FIRE/Emergency
303.627.3100 Non-emergency police dispatch
303.326.8999 Non-emergency fire

Doctor _____

Hospital _____

School _____

Church _____

Work _____

Family _____

Pharmacy _____

Veterinarian _____

Pet Boarding _____

Other: _____

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Are You WinterWise?

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home, car and family in advance for emergencies, and by observing safety precautions, you can reduce the risk of weather-related problems.

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by low temperatures, strong winds, icing, sleet and freezing rain.

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extreme winter weather can cause heat, power and communication failures for hours and sometimes several days. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold due to a power failure. Using space heaters/fireplaces to stay warm can increase the risk of household fires and carbon monoxide poisoning.

Whenever the temperature drops decidedly below normal and as wind speed increases, heat can leave your body more rapidly. Exposure to cold temperatures can cause



other serious or life-threatening health problems. Infants and older adults are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

The emergency procedures outlined here are not a substitute for training in first aid. However, these procedures will help you know when to seek medical care and what to do until help becomes available, which could be as long as 72 hours.

For more information on emergency preparedness and volunteering, please contact the Aurora Office of Emergency Management at 303.326.8954, 303.326.8995 or 303.739.7636.

Contact afd_oem@auroragov.org or AuroraGov.org/OEM with any questions.



Emergency Kit

An emergency preparedness kit should hold enough supplies for each member of your household, including pets, to be self-sufficient for three days. Store your emergency kit in one location that is easily accessible and in an easily transportable container in case of evacuation. Consider the individual needs of everyone in your family.

Children, infants, seniors and the physically challenged may require unique supplies. Keep important family records in a waterproof, portable container. A National Oceanic and Atmospheric Administration (NOAA) weather radio is portable and battery-operated. A NOAA radio airs important weather information and important emergency messages to the public. To print your own Basic Disaster Supplies List, go to www.ready.gov/kit

Suggested tools & supplies for kit

- Each household member/pet should have one gallon of water per day
- Three-day supply of food for every person and pet
- Mess kits or paper cups, plates and plastic utensils
- One change of clothing, footwear and outerwear for each person
- Bedding, blankets or sleeping bags for each person
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Small canister, ABC type fire extinguisher
- Tube tent
- Pliers
- Tape
- Compass
- Toilet paper, wet wipes
- Soap, liquid detergent
- Feminine products
- Personal hygiene products
- Plastic garbage bags, ties (for personal sanitation use)
- Plastic bucket with tight lid
- Disinfectant/chlorine bleach
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- First aid kit, prescription medicines and special needs
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area for locating shelters



Make a household emergency plan

Family emergency planning can be the key to keeping your family safe and together during an emergency. A communication plan is important so that if you are separated, you are still able to communicate even if traditional communication methods are not working. A family and communication plan should be posted on the refrigerator or in some other conspicuous place. All family members should be familiar with it and should be prepared to take appropriate actions even if they are at home alone when the disaster occurs. City of Aurora resources can become very limited in extreme circumstances. For more information, visit www.ready.gov/make-a-plan.



Home

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly and check your emergency supplies. Extremely cold temperatures often accompany a winter storm, so you may have to cope with heat, power and communications failures and icy roads. During extremely cold temperatures, stay indoors as much as possible.

Weatherproof your home

There are many things you can do to weatherproof your home and prepare it for the colder winter months. To keep your house comfortable and safe, insulate the walls and attic. Caulk and weather-strip doors and windows. Install storm windows or cover windows with plastic from the inside. Insulate any water lines that run along outer walls to keep from freezing. Service snow-removal equipment and have your chimney and flue inspected by a professional. Install an easy-to-read outdoor thermometer. Repair roof leaks and cut tree branches that could fall on your home or car.

Heating

Do not use generators, pressure washers, charcoal grills, camp stoves or other fuel-burning devices indoors or in enclosed or partially enclosed areas such as garages, even with doors or windows open.

Do not put these devices outside near an open door, window or air vent. Store a multipurpose, dry-chemical fire extinguisher near the area to be heated. For lighting, use battery-powered flashlights or lanterns rather than candles. Never leave lit candles unattended. Have your heating system serviced by a qualified technician every year. Install a smoke detector and a battery-operated carbon monoxide detector. Smell and listen for leaky gas connections. If you believe there is a gas leak, leave the house immediately and open all the doors. Don't return until the system is checked by a professional.

Space heaters

Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture or bedding. Never cover your space heater or place it on top of furniture or near water. Never leave children unattended near a space heater. Make sure the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs. Avoid using extension cords to plug in your space heater. Do not use a space heater with a damaged electrical cord or one that produces sparks.

Power lines

Avoid utility lines that are damaged or downed due to freezing rain/snow. Do not touch fallen electrical wires. Turn off the electrical power at the main source if there is standing water. Do not turn on power or use an electric tool or appliance while standing in water.



Assume all wires on the ground are electrically charged. This includes cable TV feeds.

Food supply

If power is out longer than two hours, throw away food from your refrigerator with a temperature higher than 40°F. Check the temperature of your food with a food thermometer before cooking or eating. A half-full freezer is safe for up to 24 hours, and a full freezer is safe up to 48 hours. Pack refrigerated foods into a cooler surrounded by ice.

Clean water

When power goes out, water purification systems may not be functioning. Use only bottled or treated water for drinking and personal hygiene until your supply is tested and found safe. Use baby formula that does not need water added. Check with local authorities to be sure your water is safe.





Car

Prepare your car

Avoid dangerous winter travel problems by taking a few simple precautions before you drive. Check your car's radiator system and have it serviced as needed. Make sure the antifreeze has the right amount and mixture for winter. Have proper windshield wiper blades installed. Replace your wiper washing fluid with one that's specifically for wintertime driving. Have your battery tested to avoid a car that won't start in cold weather. Check your tires for any worn-down areas or treads, and make sure they are properly inflated. Keep kitty litter or a bag of sand for traction if you get stuck in snow. Always have jumper cables and an ice removal tool. Equip your car with a flashlight and extra batteries, a first aid kit, warm clothes and a blanket. Don't forget sunglasses because glare off snow and ice is more intense than summer sun. To print your own Basic Disaster Supplies List, go to www.ready.gov/kit.

Driving in snow & ice

It is important to avoid abrupt acceleration, braking and turns. Doing so can cause your vehicle to lose traction and can launch you into an uncontrollable skid, leading to a collision. Driving too quickly is the main cause of accidents in winter conditions. Just be patient and accept the fact that it is going to take longer to arrive at your destination. Driving a four-wheel-drive may help you get going in the



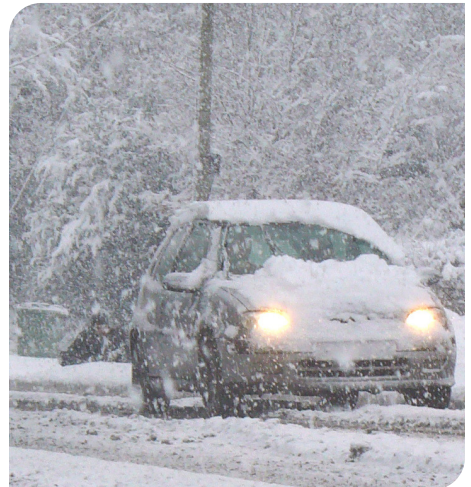
slushy snow, but it's of no use when you're trying to steer or safely stop on a slippery, icy surface.

Do not tailgate

It takes a much longer distance to stop your vehicle in the snow or ice, due to greatly reduced traction, even with just a light covering on the road. Be patient and stay well behind other traffic until it's safe to pass. Tailgating often leads to accidents, especially if you are driving in stop-and-go traffic. If the car in front of you stops abruptly and you are following too closely, you can slam on the brakes and end up sliding into it. Do not use cruise control in winter conditions.

Stay home

If at any point during your trip, or before you even leave, you feel that the weather is too bad to continue driving, simply stay put. If you're out on the road, find a safe spot to pull over and wait until the weather passes or calms to the point where you feel comfortable driving again. If you haven't left yet, stay home and off the roads.



You & Your Family

Staying active, eating a balanced diet, bundling up, keeping warm and avoiding extra exertion on snowy days can help you keep fit and healthy throughout the colder winter months.



Keep warm

Wear layers of clothing and a hat to keep in body heat. Wool, silk or polypropylene inner layers of clothing will hold more body heat than cotton. Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Stay dry. Remove extra layers of clothing whenever you feel too warm. Do not ignore shivering. It's an important first sign that the body is losing heat.

Infants and seniors

Infants can't make enough body heat by shivering. Infants less than 1 year old should never sleep in a cold room. Provide sleep clothing like one-piece sleepers or wearable blankets for infants, and maintain a warm temperature. Older adults tend to make less body heat because of a slower metabolism and less physical activity and should be checked often during severely cold weather.



Hypothermia

Hypothermia can occur when the core body temperature is lower than 95°F. Signs and symptoms of mild hypothermia include shivering, dizziness, hunger/nausea, faster breathing, trouble speaking, slight confusion, lack of coordination, fatigue and an increased heart rate. Moderate to severe hypothermia can include shivering, clumsiness, slurred speech or mumbling, confusion/poor decision-making such as trying to remove warm clothes, drowsiness, low energy, lack of concern about one's condition, progressive loss of consciousness, weak pulse, and slow, shallow breathing. Someone with hypothermia usually isn't aware of his or her condition because the symptoms often begin gradually.

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite most often affects the nose, ears, cheeks, chin, fingers or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures. At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin. A victim is often unaware of frostbite because the frozen tissues are numb. If you detect symptoms of frostbite – numbness, white or grayish-yellow skin areas, skin that feels unusually firm or waxy – seek medical care immediately.

Walking on icy surfaces

Keep an eye on the ground and try to identify ice, including black ice, in the path ahead of you. Invest in the correct footwear such as low-heeled shoes with a deep, nonskid rubber tread. If you're unsure whether terrain is icy, proceed with caution and walk with your toes pointed outward, taking short, flat steps like a penguin.



Socialize

Depression is more common in the winter months, and bad weather can mean social isolation. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.

Stay healthy

Wash your hands often to avoid getting sick and spreading germs.

If you get sick, stay home, get rest and drink plenty of fluids. Eating well-balanced meals will help you stay warmer. Balance work, home and play. Keep a relaxed and positive outlook. Make sure to get the proper amount of sleep, and exercise at least three hours per week. Small children and teens should be physically active at least one hour a day.



Pets

There are several things we need to consider for our pets when the weather turns colder. If you are aware of a neglected animal in your neighborhood, please call the Aurora Animal Shelter at 303.326.8288. An officer will investigate the situation.

Shelter

Keep your doghouse free from drafts, and be sure it is waterproof against melting snow. The dog will be warmer if the doghouse is elevated an inch or two off the frozen ground by placing it on a wooden pallet. Bedding (such as straw or a blanket) inside will also help ward off chills. Make certain the bedding stays dry. Keep the opening

of the shelter faced away from the wind. Covering the opening with a flap of cloth or stronger material will also keep your pet warmer. Be sure the shelter is the proper size for the animal. If it is too small, the animal will be uncomfortable in it. This can also lead to arthritis as the pet gets older. If it is too large, the shelter will not retain the animal's body heat adequately to efficiently ward off the cold. A doghouse should be large enough for the animal to stand up and easily turn around in, no larger and no smaller. On those unpredictable warm winter days, make sure there is adequate protection from the sun.

Water & food

Because water freezes at 32 degrees, always have a source of clean, unfrozen water available for your pet. There are small heaters available to place in your pet's water dish to prevent freezing. Eating snow or ice will not provide sufficient moisture to prevent dehydration in your pet. If your pet is an outdoor pet, it will require a larger portion of food each day in winter months to build up a fat reserve to help keep it warm. Slowly reduce the daily consumption of food in spring to prevent obesity and begin increasing it again late in fall.

Grooming

Owners continually need to groom their animals. A matted coat on a dog will not provide the proper insulation against the cold. It is similar to your coat having a large hole in it. If your pet is an indoor animal, it may not spend enough time outdoors to naturally shed its indoor coat and develop a thicker fur coat. These types of animals may require a sweater before being sent outside.

Frostbite

Pets can get frostbite as easily as humans. Particularly susceptible are the pads on feet, ears and your pet's nose. Frostbitten areas may appear red, gray or white. Thaw those areas out slowly with a warm, damp cloth. Do not rub the frozen areas. Take your pet to your veterinarian as soon as possible. When running or exercising a pet dog, it is important to frequently check the animal's foot pads to ensure there is no frozen snow or ice in the pads to cut and cause considerable pain and possible infection. Also, salt or chemicals used to melt snow can make your pet ill or cause death if ingested when a pet licks its paws.

Cars & pets

Antifreeze is deadly for pets. The sweet taste makes it a poisonous treat for animals. Look for pet-safe, non-toxic antifreeze and make sure all spills are cleaned up quickly and thoroughly. Contact the poison control center or a medical professional if anti-freeze has been ingested. Cats often escape the cold by crawling into vehicle engines, where they can be killed or seriously injured when the car or truck is started. Before entering your vehicle, bang on the hood to startle any animal sleeping there.



Outdoor Activities

Just because it is cold and snowy outside doesn't mean you can't enjoy the winter wonderland. However, when temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. Exposure to extreme cold temperatures can cause serious or life-threatening health problems.



Snow shoveling

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

If you experience pain of any kind, stop immediately and seek assistance.

Pace yourself during shoveling activities. Take frequent breaks and drink plenty of water. Avoid caffeinated beverages. Spread sand or salt over the area to help create foot traction so you don't fall.

Dress in layers. Wear clothing that is easy to move in. Wear a hat to prevent heat loss. Don't eat or smoke before shoveling snow. Keep feet warm and dry with the proper shoes with good traction. Choose gloves that will keep your hands warm, dry and blister-free.

Choose an ergonomic shovel, with a curved handle and a plastic blade instead of metal. Don't throw snow over your shoulder. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Fresh snow is lighter in weight, so clear snow as soon as it has fallen. Think about good posture and maintaining the natural curve of your spine. Lift with your legs. Do not bend at the waist. Take some time to stretch to prepare your body for activity.



Wind chill

During winter, a breeze can make a cold day feel more uncomfortable. High winds combined with low temperatures can create dangerously cold conditions. As the speed of the wind increases, it can carry heat away from your body more quickly. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool. As temperatures drop below freezing, exposed skin can quickly put you at risk of frostbite or hypothermia.

Winter Sports

Hockey, snowshoeing, skiing and ice skating are all great winter sports. Just remember to take precautions when you participate outside.

Physical activity raises body temperature. Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Stay dry; wet clothing chills the body rapidly. Excess perspiration will increase heat loss. Remove extra layers of clothing whenever you feel too warm. Just because the weather isn't hot doesn't mean you're not depleting fluids. Breathing in cold air can be dehydrating, which can cause exhaustion and put you in danger.

Learning to fall correctly will help prevent injury while skiing and snowboarding. Be cognizant of avalanche potential in the area you're skiing in by heeding warnings and observing conditions. When snowshoeing, stay on the path and watch the skies for bad weather approaching. Pack a survival kit with water, food and first aid; and tell people where you are going and when you will be back. Only ice skate in locations you know are safe, especially when you're accompanied by children. Look for rinks, ponds and lakes that have signs indicating skating is safe. Avoid skating after warm days.

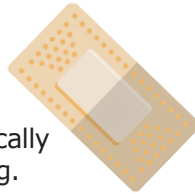


Community

During an emergency or disaster, people often want to help by donating their time, skills, money and/or goods. While the spirit of giving is greatly appreciated, especially in a time of crisis, it is critical volunteers receive proper training in order to work effectively with responding agencies and organizations. The Aurora Office of Emergency Management partners with the Red Cross and Ready Colorado to provide opportunities to volunteer and train in emergency preparedness.

Snow Busters

Snow Busters is a program operated by the city to assist Aurora's seniors and the physically challenged with snow shoveling. Every year, the city receives numerous requests from people with limited financial resources who need assistance shoveling their sidewalks when it snows. If you join the Snow Busters volunteer team, you will be matched with a resident in need who lives within 2 miles of your home. Shoveling must be done within 24 hours after a snowfall. Thanks to your help, you will provide peace of mind and a safe sidewalk. For more information, visit AuroraGov.org/SnowBusters.



Aurora Ready trainings

Aurora Ready is a 2.5-hour class to prepare you and your family for disasters and emergencies. This redesigned Community Emergency Response Team (CERT) Program will prepare you in three core elements: Preparedness, Home Safety and First Aid. To find out more information about an upcoming Aurora Ready class or to be added to the education distribution list, please email Patricia Mason at pmason@auroragov.org.



Other Resources

Aurora Office of Emergency Management

303.326.8964 • 303.326.8995

Email afd_oem@auroragov.org or visit AuroraGov.org/OEM

American Red Cross

RedCross.org

Federal Emergency Management Agency (FEMA)

FEMA.gov

Ready Colorado

ReadyColorado.com

Disability Preparedness Resource Center/Department of Health and Human Services

HHS.gov

The Weather Channel

Weather.com

Accuweather

Accuweather.com

National Oceanic and Atmospheric Administration (NOAA)

NOAA.gov

Pet Preparedness/American Society for the Prevention of Cruelty to Animals (ASPCA)

ASPCA.org

Access Aurora

access@auroragov.org

303.739.7000

Mile High United Way 2-1-1

UnitedWayDenver.org/211, or dial 211

City of Aurora Social Media Emergency Alerts

[Facebook.com/AuroraCOPD](https://www.facebook.com/AuroraCOPD)

[Facebook.com/AuroraFireDpt](https://www.facebook.com/AuroraFireDpt)

[Facebook.com/AuroraGov](https://www.facebook.com/AuroraGov)

Twitter: [@AuroraPD](https://twitter.com/AuroraPD), [@AuroraFireDpt](https://twitter.com/AuroraFireDpt), [@AuroraGov](https://twitter.com/AuroraGov)

