



**American  
Red Cross**

of Northeastern New York

## Winter power outage safety tips

Ice and snow pose a threat to power lines, so the American Red Cross of Northeastern New York offers these tips for winter power outages:

- **Do NOT use candles** during a power outage, due to the extreme risk of fire
- **Build a kit**, including:
  - flashlight
  - batteries
  - portable radio
  - at least one gallon of water
  - a small supply of food
- **Only use a flashlight** for emergency lighting. Never use candles.
- **Turn off electrical equipment** you were using when the power went out.
- **Avoid opening** the refrigerator and freezer.
- **Do NOT run a generator inside a home or garage.**
- **If you use a generator, connect the equipment** you want to power directly to the outlets on the generator. Do not connect a generator to a home's electrical system.
- **Listen to local radio and television** for updated information.

### Tips on staying warm during an outage:

- **Mittens** provide more warmth to your hands than gloves.
- **Most of your body heat is lost through your head**, so wear a hat, preferably one that covers your ears.
- **Dress in warm layers** so you can remove items if you get too warm.
- **Recognize the symptoms of hypothermia** that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- **Recognize frostbite warning signs:** gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.
- **If you go outside, get out of any wet clothes immediately** and warm the core body temperature with a blanket or warm fluids such as hot cider or soup.

For more information on emergency preparedness and other American Red Cross programs, please visit [www.redcrossneny.org](http://www.redcrossneny.org), or call (518) 458-8111.