



EMERGENCY PREPAREDNESS BULLETIN

WINTER SAFETY

California Department of Developmental Services

JANUARY 2025



Is this bulletin useful?

Winter Weather Safety

It is important to prepare for winter weather. In this bulletin, you will find tips and resources to help you be prepared, how to stay safe in a flood, 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 indoors.** 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 can be iced over and it can be hard to see.
 - 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 what the temperature is going to be when making plans to be outside.
 - Dress in layers to stay warm— shirts, sweaters, jackets, scarves.
 - Wear gloves to protect your hands from the cold.
 - Stay hydrated when you are outside in the cold.



This Emergency Preparedness Bulletin is produced by the Department of Developmental Services to alert and educate individuals and direct service providers to specific risks identified with our community through this survey: [Bulletin Survey](#).

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 in your hands or feet or your skin starting to look white, grey or yellow.
 - If you notice any of these, get to a warm room.
 - DO NOT massage skin or use a heating pad.
- **Signs of hypothermia include** body temperature below 95°F shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or feeling really tired.
 - If you notice any of these, get to a warm room
 - 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. Here are some important steps to help you stay safe from flooding:**
 - Melting snow can make flooding worse.
 - Areas that have had recent wildfires are more likely to flood.
 - Keep up with your 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 Indoors:** Spending more time outside means we can catch viruses more easily. 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](#)



Make an Emergency Plan and Practice it!



[Individual QR Code](#)



[Provider QR Code](#)