



Southwest
Washington
**Agency on
Aging and
Disabilities**

Senior Information & Assistance

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Cold Weather Resources

**With the winter months upon us,
here are some helpful tips to prepare for winter storms:**

- Keep at least a three day supply of non-perishable food and water in your home
- Listen to your radio or television for winter storm forecasts and other information
- Have rock salt and sand on hand for traction on ice
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects
- Never use a generator indoors or in a garage or carport
- Use caution when disposing of fireplace ashes; allow them time to cool completely before placing them in a metal container
- Use alternative heat methods safely; NEVER use a gas or charcoal grill, hibachi or portable propane heater to cook indoors to heat your home
- Reduce the temperature in your home to conserve fuel
- Do not drive unnecessarily
- Keep an emergency kit in your vehicle. Include a three day supply of water and non-perishable food. Include a blanket for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, booster cables, flare, coffee can with lid and toilet paper

(Information from the WA DOH Emergency Resource Guide, March 2008)

**For information on Warming Centers & Winter Overflow Shelters contact 211
Emergency Shelter Clearing House 360-695-9677**

Click on hyperlinks below for more detailed information and resources:

[CRESA Blog](#)

[“Stay Safe in Cold Weather”](#)

[“Extreme Cold: A Prevention Guide to Promote Your Personal Health & Safety”](#)

If you would like more information or print copies of these resources, contact
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360-694-8144