



Winter Personal Preparedness

Winter weather can vary throughout Arizona, so it's important to be prepared for any weather condition or circumstance.

Being prepared includes having a [family communications plan](#) that lists important phone numbers. Write or print out these phone numbers for easy reference in an emergency. Keep them in your wallet, purse, backpack or diaper bag and post them on your refrigerator.

Don't forget the [access and functional needs](#) of your family.

Dress appropriately before going outdoors

- The air temperature does not have to be below freezing for someone to experience cold weather emergencies such as [hypothermia](#) and [frostbite](#).
- Wind speed can create dangerously cold conditions even when the temperature is not that low.
- Dress in multiple thin layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to illness.

Stay tuned for storm warnings:

- Listen to a [National Oceanic and Atmospheric Administration \(NOAA\) weather radio](#) and to local radio and television stations for [updated storm information](#).
- A **winter storm WATCH** means a winter storm is possible in your area.
- A **winter storm WARNING** means a winter storm is headed for your area.
- A **blizzard WARNING** means strong winds, blinding wind-driven snow and dangerous wind chill are expected. Seek shelter immediately.
- Be alert to changing weather conditions.
- Avoid unnecessary travel.

Create a [home disaster kit](#). Make sure you include at least three days worth of supplies, including:

- Flashlight and extra batteries
- Battery-powered NOAA weather radio and portable radio
- Food and water (Your supplies should include food that requires no cooking or refrigeration in case of a power failure.)
- First Aid kit, medicine, prescription medications and baby items
- Heating fuel
- Emergency heat source, along with extra clothes and blankets

Health tips

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your cough or sneeze with a tissue or use your elbow or upper sleeve.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Always wash your hands after coughing, sneezing or blowing your nose.

(Sources: [Coconino County](#), [Ready](#), [National Weather Service](#))