



Winter Personal Preparedness

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

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](#))