

Dos' and Don'ts' For Various Hazards/Disasters

COLD WAVE

Before & During

- Keep ready the emergency kit with basic and specific medicines, heaters, wood for fireplace and adequate warm clothings.
- Listen to local Radio Station for critical information about the weather.
- Stay indoors; Minimize travel during peak extreme cold hours (very evenings).



early in the morning and late

- Keep dry. Change wet clothing frequently to prevent loss of body heat.
- Watch for signs of frostbite like loss of feeling and white/pale appearance in fingers, toes, ear lobes, and the tip of the nose.
- Maintain proper ventilation when kerosene heaters or coal oven to avoid build-up of toxic fumes.
- take regular hot drinks



After

- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose- fitting, clothing in several layers.
- If you live in an avalanche area and an avalanche warning is issued, stay inside unless told to evacuate.



COLD-WEATHER CAR KIT

(Shovel, blanket, coats, flashlight, batteries, high-energy food, water, other essentials)

