

## 8 STEPS TO HELP PREPARE FOR SEVERE WINTER WEATHER

1. Check weather warnings and alerts.
2. Flu vaccine – ensure you and your family have the vaccine if you are eligible.
3. Buy suitable equipment:
  - ❖ A snow shovel, salt, sand or grit for de-icing cleared areas;
  - ❖ Snow grips for your shoes, warm and waterproof high visibility clothing.
4. SNOW clearance and de-icing treatment
  - ❖ DO not clear snow and ice early in the day and move it onto a grass verge or garden (not into drains, paths or roads);
  - ❖ DO cover the cleared sections with salt or sand to stop it re-freezing overnight;
  - ❖ DON'T use hot water to treat cleared areas
5. Buy heating oil in advance and have an independent temporary heating supply, such as a portable gas powered fire, on standby. If you are worried about the cost of heating your home, go to this Age UK link:  
[http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS1\\_Help\\_with\\_heating\\_costs\\_fcs.pdf?dtrk=true](http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS1_Help_with_heating_costs_fcs.pdf?dtrk=true)
6. Food. Make sure you have at least five days worth of food provisions at hand.
7. Driving in snow and ice
  - ❖ Make sure your car is fit for winter and you know how to handle the conditions;
  - ❖ Have a thermal blanket in the car, carry a fully charged mobile phone and some snacks/water.
  - ❖ Always tell someone where you are going.
8. COMMUNITY involvement and neighbourliness:
  - ❖ Check on any elderly or disabled neighbours;