READY HOUSE: WINTER STORM

QUICK REFERENCE • FRONT • CASCADIA READY RADIO

WHEN THE HEAT GOES OUT

1. **Pick one warm room**: small, interior, few windows. Bring everyone and every blanket in.
2. **Close it off.** Shut the doors and roll a towel along the bottom to stop drafts.
3. **Layer up**: hats, wool socks, sleeping bags. Several thin layers beat one heavy coat.
4. **Drip the faucets** on outside walls and open the cabinets under those sinks.
5. **Keep the fridge and freezer closed.**
6. **Check on people** who live alone, older neighbors, anyone on medical equipment.

THE NUMBERS

know these

20°F	55°F	50°F
Pipes start to freeze	Lowest safe indoor temp for pipes	Risk for babies & older adults

- Core body temperature **below 95°F** is a medical emergency, however mild it looks.
- A **half tank of gas** gives you over 30 minutes of heat if you get stranded.

CARBON MONOXIDE: THE RULE THAT NEVER BENDS

Anything that burns fuel: outdoors only, at least 20 feet from windows, doors and vents. Never indoors, in a garage, basement, crawlspace or shed. Open windows do not make it safe.

- Never heat with the **oven or stovetop**.
- Never burn **charcoal** indoors, any amount.
- Never run a **generator** or idle a **car** in the garage.
- Signs: **headache, dizziness, nausea, confusion**, like flu without fever. Get outside, call 911.
- **Battery CO alarm on every level.** Test it before winter.

SAFE HEAT WITHOUT POWER

- An **inspected wood stove or fireplace**. Open the damper fully, check the flue is clear, and never burn trash or treated wood.
- A propane or kerosene heater **only if labeled for indoor use**, with a window cracked and **never while anyone sleeps**.
- Running a space heater on a generator or power station? 3 ft of clearance, plugged straight into the unit, never unattended.

HYPOTHERMIA & FROSTBITE

CDC / NWS

- **Adults:** shivering, exhaustion, confusion, fumbling hands, slurred speech, drowsiness.
- **Babies:** bright red, cold skin and very low energy.
- **Frostbite:** red and painful, then white or grayish-yellow skin that feels firm, waxy or numb.
- **Below 95°F or any frostbite: get medical help.**

From *The Ready House Bible* by Charlie Ramsey, Sections 6 & 15

PIPES, ROADS & YOUR PLAN

READY HOUSE: WINTER STORM • BACK

FROZEN & BURST PIPES

- **Before the freeze:** foam insulation on exposed pipes; disconnect and drain outdoor hoses.
- **Frozen?** Open the faucet first, then warm the pipe from the faucet end back, using a hair dryer or warm towels. **Never an open flame.**
- **Burst?** Shut off the main water valve right away, then photograph the damage and call a plumber.
- Make sure **more than one adult** knows where the main shutoff is.

STRANDED IN YOUR CAR

- **Stay with the car.** It's easier for rescuers to spot than you are on foot.
- Run the engine and heater **10 minutes an hour** only, with a window cracked.
- **Clear the tailpipe** of snow first. A blocked pipe sends CO into the car.
- Keep the tank at **half full or better** all winter.

ON THE ROAD & SHOVELING

- **Slow down.** Stopping distances grow a lot on ice, and 4-wheel drive helps you go, not stop.
- Shoveling heavy snow strains the heart, especially **over 50**. Push instead of lifting, and stop at any chest pain or shortness of breath.

WINTER CAR KIT

- Blanket & warm clothes
- Jumper cables or jump starter
- Small shovel
- Sand or kitty litter for traction
- Water & high-calorie snacks
- Flashlight & phone charger

DO THIS NOW

before you need it

TONIGHT

Pick your warm room and tell everyone which one it is. Test your CO alarms.

THIS WEEKEND

Find your nearest warming center and your main water shutoff. Wrap any exposed pipes.

WHEN YOU'RE READY

Add blankets, hand warmers and a winter car kit. Have the chimney or wood stove inspected.

WINTER STORM CHECKLIST

- ☐ Blankets & sleeping bags
- ☐ Hats, gloves, wool socks
- ☐ Hand warmers
- ☐ Battery CO alarm, every level
- ☐ Headlamps & batteries
- ☐ Pipe insulation
- ☐ Outdoor faucet covers
- ☐ Shovel & ice melt
- ☐ Car kit & half tank
- ☐ Water: 14 gal per person
- ☐ Food that needs no cooking
- ☐ Battery or crank radio



Want the whole plan?

The Ready House Bible by Charlie Ramsey has the full plan, worksheets and checklists for every room of the house. Paperback and Kindle. General preparedness guidance. Always follow local officials and emergency managers.