

## Public Health Toolkit **SOCIAL MEDIA**



### Winter Emergency Preparedness

**POST:** The costs of natural gas and oil heat may lead many to use alternative home heating methods to reduce their fuel bills -- but wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves can be dangerous unless proper safety precautions are followed. Stay warm and safe this winter with these safety tips: [www.health.ny.gov/environmental/indoors/heaters/](http://www.health.ny.gov/environmental/indoors/heaters/)

**TWEET:** If you use supplemental space heaters, know how to use them safely all winter long. [www.health.ny.gov/environmental/indoors/heaters/](http://www.health.ny.gov/environmental/indoors/heaters/)

**POST:** Protect your health and avoid hypothermia and frostbite during extremely cold weather. Start by wearing an outer layer of clothing that is tightly woven to reduce losing body heat.

[www.health.ny.gov/environmental/emergency/weather/cold/cold\\_weather\\_tips.htm](http://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm)

**TWEET:** Avoid hypothermia & frostbite when it's extremely cold. One tip is to wear a tightly woven outer layer of clothing.

[www.health.ny.gov/environmental/emergency/weather/cold/cold\\_weather\\_tips.htm](http://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm)

**POST:** Having the right supplies on hand can make life a little easier during a cold weather power outage. Stock up on non-perishable food and other supplies that will last three to seven days.

[www.health.ny.gov/publications/7064/index.htm](http://www.health.ny.gov/publications/7064/index.htm)

**TWEET:** Make life easier during a power outage. Stock up on non-perishable food and supplies to last 3-7 days. [www.health.ny.gov/publications/7064/index.htm](http://www.health.ny.gov/publications/7064/index.htm)

**POST:** When spending time outside, never ignore shivering. It's an important first sign that the body is losing heat, and a signal to quickly return indoors.

[www.health.ny.gov/environmental/emergency/weather/cold/cold\\_weather\\_tips.htm](http://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm)

**TWEET:** Never ignore shivering. It lets you know that your body is losing heat, and a signal to quickly return indoors. [www.health.ny.gov/environmental/emergency/weather/cold/cold\\_weather\\_tips.htm](http://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm)

**POST:** If you are having trouble paying your bills this winter, you can call or visit the NYS Home Energy Assistance Program (HEAP) website or hotline at 1-800-342-3009.

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**TWEET:** Having trouble paying your bills this winter? Call NYS HEAP at 1-800-342-3009 for assistance. [www.health.ny.gov/environmental/emergency/weather/cold/cold\\_weather\\_tips.htm](http://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm)