

Public Health Toolkit **SOCIAL MEDIA**



Winter Emergency Preparedness

POST: If your home gets too cold for comfort during a winter emergency, have a plan. Build yourself a support network so you have a place to go. <https://www.ready.gov/winter-weather>

TWEET: If your home gets too cold for comfort during a winter emergency, have a plan. Build yourself a support network so you have a place to go. #PreparedNY <https://www.ready.gov/winter-weather>

POST: Sign up for NY-ALERT this winter to get news about important winter weather advisories sent to your phone or email! <https://alert.ny.gov/>

TWEET: Sign up for NY-Alert this winter to #BePrepared and get #WinterWeather advisories sent to your phone or email. <https://alert.ny.gov/>

POST: Jack Frost nipping at your nose? Wear layers to prevent hypothermia when you venture outside! <https://www.health.ny.gov/environmental/emergency/weather/cold/>

TWEET: Jack Frost nipping at your nose? Wear layers to prevent hypothermia when you venture outside! <https://www.health.ny.gov/environmental/emergency/weather/cold/>

POST: Avoid the pre-storm rush to the grocery store and keep extra canned goods and bottled water in your home. <https://www.cdc.gov/features/winterweather/index.html>

TWEET: Avoid the pre-storm rush to the grocery store and keep extra canned goods and bottled water in your home. <https://www.cdc.gov/features/winterweather/index.html>

POST: Know what to do if you get stranded in your vehicle. Stay inside and call for emergency assistance. Run the heat for 10 minutes each hour to stay warm. <https://www.fema.gov/media-library/assets/images/155972>

TWEET: Know what to do if you get stranded in your vehicle. Stay inside and call for emergency assistance. Run the heat for 10 minutes each hour to stay warm. <https://www.fema.gov/media-library/assets/images/155972>