

## Public Health Toolkit **SOCIAL MEDIA**



### WINTER EMERGENCY PREPAREDNESS

**POST:** Planning for a disaster is difficult—but it is even more difficult for families who have children with special needs. Here are some resources to help families prepare.

[https://www.health.ny.gov/environmental/emergency/families\\_individuals\\_caregivers/individuals\\_with\\_special\\_needs.htm](https://www.health.ny.gov/environmental/emergency/families_individuals_caregivers/individuals_with_special_needs.htm)

**TWEET:** Planning for a disaster is difficult—but it is even more difficult for families who have children with special needs. Here are some resources to help families prepare. @HealthNYGov #PreparedNY #PrepareNow

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**POST:** Winter weather can increase the chance of a car accident, frostbite, and more. Prepare the whole family with these tips. <https://www.ready.gov/winter-weather>

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**POST:** Prepare for snowstorms and extreme cold with these tips.

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**POST:** No matter your age, you should know how to dress for the cold. Know how to avoid frostbite and hypothermia.

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**POST:** Winter weather can cause power outages, car crashes, and hypothermia. Are you prepared?

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