



Emergency Preparedness

FACEBOOK/TWITTER: Frostbite and hypothermia. Know the signs and symptoms. Here is a resource the whole family can watch. <https://www.youtube.com/watch?v=4iqNsrMzUzI>

FACEBOOK: Malfunctioning heating equipment can cause you and your family to be exposed to carbon monoxide. Learn how you can get your heating equipment checked at little to no cost with the Home Energy Assistance Program (HEAP) Clean and Tune Program. @New York State Office of Temporary Disability and Assistance.

<https://otda.ny.gov/programs/heap/#tune-benefit>

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FACEBOOK/TWITTER/INSTAGRAM: 📱 Create a social media group, use a texting app, or even a listserv of your top contacts to stay in touch during emergencies. Holidays are a great time to gather with friends and family and talk about setting up these safety measures.

FACEBOOK/TWITTER/INSTAGRAM: 📱 Do you have at least one fire extinguisher in your home?

🔥 Everyone in your household should know where it's kept and how to use it.

🚒 Local fire departments can be contacted for more information on training in your area.

FACEBOOK/TWITTER/INSTAGRAM: Give the gift of your time this season. Help an older adult be better prepared. Guide them to set these up on their mobile phone:

❄️ Weather alerts

📱 In Case of Emergency (ICE) contact

✅ Medication list in their notes

FACEBOOK/TWITTER/INSTAGRAM: ❄️ Sign up to receive real-time, severe weather alerts, and more.

<https://alert.ny.gov/>