

Are you prepared for La Nina?

Federal Emergency Management Agency winter preparedness tips

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The National Oceanic and Atmospheric Administration (NOAA) released their Winter Outlook, which predicts La Nina conditions that favor a warmer, drier South and a cooler, wetter North, winter storms can occur anywhere and bring freezing rain, ice, snow, high winds or a combination of all these conditions. They can cause power outages that last for days or weeks; making it hard to keep warm and making travel very dangerous. Prepare now in case a winter storm hits, and you are home for several days without power and heat.

- Gather emergency supplies, make a family emergency communication plan, and discuss emergency notifications and expectations with your workplace and/or schools.
- Install battery-powered or battery back-up carbon monoxide detectors.

- If you have a generator, keep it outside and have an electric cord long enough to keep the generator at least 20 feet from any door, window, or vent.
- Make specific plans for how you will avoid driving.
- Be alert to changing weather conditions using local alerts, radio, and other news sources for information and instructions.

Find additional tips by visiting the America's PrepareAthon! Winter Storm section and downloading the How to Prepare for a Winter Storm Guide. If you encounter any problems – call us at the hospital or clinic or come in to the ER to be seen.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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