

## Media Release

Dec 19, 2013

### Being Prepared for Winter Weather

In many cases weather forecasts can predict severe weather with some advanced warning. The Medical Officer of Health encourages the residents of Leeds, Grenville and Lanark to be aware of the weather conditions and provides the following tips to help with preparedness:

- Understand the difference between weather watches and warnings. Weather watch means that the conditions are favourable for certain types of weather events; while weather warning means the event is imminent or occurring and you need to take immediate shelter.
- Be prepared by having an emergency kit in your car, home and work place.
- Plan ahead; if travel conditions are forecasted to be dangerous consider re-scheduling activities.
- Ensure your cell phone is fully charged each day and have important numbers in your contact list.
- Keep your gas tank filled, as during severe weather events power outages may result in gasoline not being available. A blanket, shovel and first aid kit should be kept in your vehicle.
- Keep a supply of non-perishable foods that don't require cooking and water in the event of a power outage.
- Ensure an adequate supply of medications is on hand.
- Keep some cash on hand for emergencies.
- Ensure you are dressed appropriately for the weather including footwear even if you are just driving. You could be caught in road closures for a prolonged period of time and may need to turn off the car to conserve gas.
- Plan for the safety of your family, so while you are at work you are confident that they know what to do to keep safe.
- If you have vulnerable family members or neighbours check in on them.
- Consider your pet's needs (food, medication and shelter).

MONITOR YOUR LOCAL MEDIA FOR SEVERE WEATHER WARNING OR VISIT:

THE WEATHER NETWORK:

[www.theweathernetwork.com](http://www.theweathernetwork.com)

ENVIRONMENT CANADA WEATHER:

[www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca)

-30-

Contact: Teresa Clow, Public Health Inspector, 613-345-5685  
or Susan Healey, Communications Coordinator, 613-802-0550