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Resiliency Digest

February 2022

*News & tips for being ready
before, during, and after emergencies.*

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Winter Power Outage Smarts

Power outages that last longer than a few hours, often caused by extreme weather events, like storms or flooding, can have negative impacts on indoor environments. Providing for safe air, heat, and food/water needs during a winter power outage can be especially challenging. Are you ready for an extended winter power outage? Here are some things to consider.

Breathe Easy

Prevent Carbon Monoxide Poisoning

PREVENT CARBON MONOXIDE (CO) POISONING

Power outages can occur during emergencies (like hurricanes).

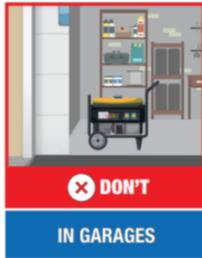
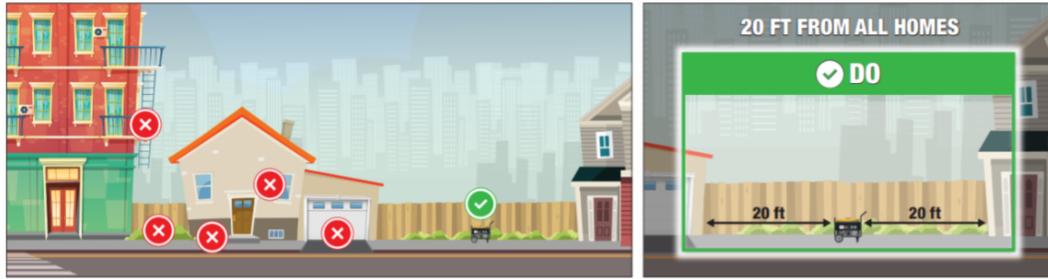
Using gas-powered generators can cause CO to build up in home--poisoning the people inside.



A functioning battery-operated carbon monoxide (CO) detector is the first line of defense during a winter power outage. According to the Centers for Disease Control, approximately 480 U.S. residents die each year from non-fire-related carbon monoxide poisoning. Don't let this happen to you or someone you love!

And while portable generators may be a godsend when the lights go out, the improper placement and use of generators can be deadly. In addition to recommending the use of CO alarms, the [Environmental Protection Agency website](#) offers guidelines on the safe placement of generators, use of heat sources like combustion appliances and fireplaces, and tips for controlling indoor temperatures with ventilation and shading.

Where to Safely Use a Fuel-Powered Portable Generator



Stay Warm

While keeping track of the blinds, curtains, and doors to help contain heat during an outage is a great start, [weather.gov](https://www.weather.gov) also recommends stuffing towels in the cracks under doors and making sure you are eating and staying hydrated to sustain the energy needed to warm the body.

weather.gov/winter

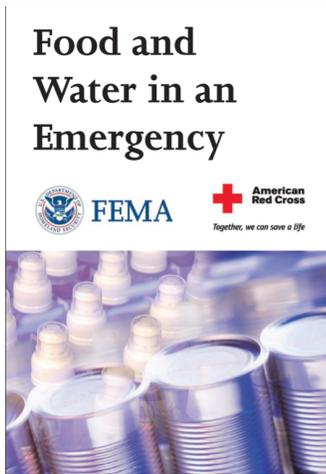
Staying **warm** when the power is out

- Close blinds or curtains to keep in some heat.
- Close off rooms to avoid wasting heat.
- Wear layers of loose-fitting, lightweight, warm clothing.
- Eat and drink. Food provides energy to warm the body. Avoid caffeine and alcohol.
- Stuff towels or rags in cracks under doors.

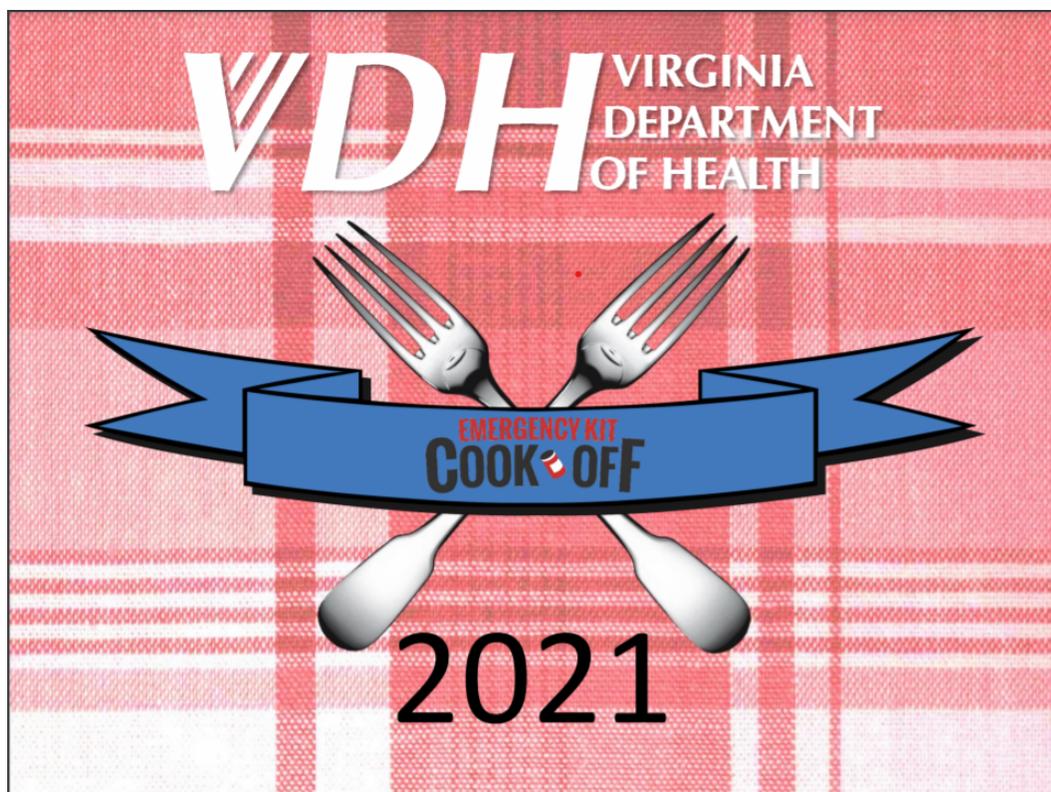
Keep Food & Water Safe

You've heeded the call to have emergency food and water available during an outage, but how much should you have and how long is it good? [This publication](#) prepared by the Federal Emergency Management Agency and the American Red Cross provides useful information on how to store and manage your emergency supplies.

And if you have thought about storing perishable food outdoors during a winter power outage, [the video](#) below will explain why that's not a good idea! More tips on food supplies and food safety during a power outage can be found at [ready.gov](#) and [foodsafety.gov](#).



Stash Some Emergency Kit Cookoff Recipes



Being prepared for disasters may also require using some creativity in making those emergency food supplies palatable for an extended period of time. Peanut butter and beans can get pretty tiresome! Many preparedness organizations hold annual Emergency Kit Cookoff competitions to gather the best emergency kit recipes to share. Print and save your favorites in with your emergency supplies!

[*Virginia Department of Health Emergency Kit Cookoff Recipes*](#)

[*More VDH Recipes*](#)

[*Oregon Health Authority Emergency Kit Recipes*](#)

[*The Houston Emergency Preparedness Cookbook*](#)

[*Arizona Emergency Information Network Recipes*](#)

For additional resources to help protect yourself, loved ones, and property, visit the [*National Weather Service*](#), [*Ready.gov*](#), [*U.S. Fire Administration*](#), and the [*National Safety Council*](#).

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