



Winter Weather Resources

Regardless of what the forecast calls for, it's important to know about the winter weather resources available to you.

In this document, you will find links to information to help you get and stay informed.

WEATHER LINKS

Winter weather tips for Western Washington

takewinterbystorm.org

Winter driving information

www.wsdot.com/winter

National Weather Service

weather.gov/ or [@_NWService](#)

FEMA Weather Alert App

<https://www.fema.gov/mobile-app>

NOAA Weather

<https://www.noaa.gov/weather>

For school and business closures, tune in to news radio or TV stations and monitor district Twitter feeds:

KOMO 1000 AM or 97.7 FM

KING5-TV

komonews.com/news/content/schools/

Prepare yourself for winter weather

Consider carrying a Winter Survival Kit in your car. In an emergency, it could save your life and the lives of your passengers. Here is what you need:

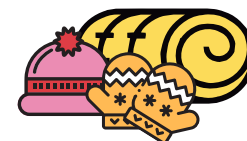
Snow & Ice Tools

- shovel
- windshield scraper and small broom
- tow chain or rope
- road salt, sand or cat litter for traction



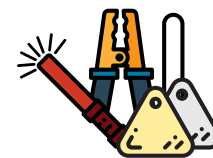
Extra Warmth

- extra hats, socks and mittens
- blankets or sleeping bag



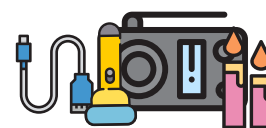
Automotive Assistance

- booster cables
- emergency flares and reflectors
- fluorescent distress flag and whistle to attract attention



Power Assistance

- flashlight with extra batteries
- matches and small candles
- battery powered radio
- cell phone adapter to plug into lighter



Emergency Provisions

- water
- snack food and energy bars
- first aid kit with pocket knife
- necessary medications



If you find yourself stuck or stranded, stay in your car, put on your emergency flashing lights, call for help and wait until help arrives.

Avoid Exertion

Cold weather puts extra strain on the heart. Follow your doctor's advice about shoveling snow or performing other hard work in the cold. If you have to do heavy outdoor chores, dress warmly and work slowly.



Prepare your organization and staff

Make sure driveways, parking lots and sidewalks are clear from snow and ice so staff and patients can safely access your facility. Create contingency planning for plowing your facility and surrounding roads. Seek out private contractors who will plow your walkways, parking lots and access roads.

- **Remind staff and patients to have emergency and back-up medical supplies and medications.** If your patients anticipate needing more supplies (e.g. oxygen, etc.), encourage them to contact the company in advance and explain that they are concerned about this season's severe weather and that their supply may expire or not last.
- **Encourage staff and patients to pick up public transit schedules** with snow route information, and schedule in extra time to get to appointments.
- **Update your communications plan** with multiple ways to contact patients. Also, remind patients of the emergency/severe weather plan for your facility—this is especially important for dialysis or chemotherapy patients.

Emergency Alerts by County

It's important to stay informed for any potential emergencies that might occur in and around your home and work. Check out the link below to find your local counties' emergency alerting system and sign up to receive emergency updates.



<https://q13fox.com/2018/01/24/how-to-sign-up-for-emergency-alerts-across-western-washington/>

How to prolong your phone's life in a power outage

- First, recharge anything that can itself recharge your phone. If you have an external battery pack for your phone, top that off. If you have a laptop, do that next. Some Windows laptops can charge phones over their USB ports even when they're asleep or shut off.
- Reduce your phone's battery drain as much as possible. Apple and Google both have good general power-management advice; a key part in both is to check how much each app contributes to draining your phone's battery, in which case you should force the app to start or even uninstall it.
- Turning off cellular data and then turning it on once an hour or two can further extend the phone's runtime by ensuring that no apps can go crazy with data usage while still letting you make phone calls and send and receive text messages. In Android, open Settings and tap Data usage; in IOS, open Settings and tap Cellular.
- Both iOS and Android have low-power modes that will throttle back most of the phone. You can verify that each is enabled on either an iPhone or an Android

PREPAREDNESS LINKS

Tips for home, school and work
redcross.org/prepare

Personal and family preparedness tips (KCEM) makeitthrough.org

Preparedness tips from FEMA
ready.gov/

TRANSPORTATION LINKS

Sound Transit (for ST Express, Sounder Train and Link Rail)
soundtransit.org/Rider-Guide/Winter-weather
X: [@SoundTransit](https://twitter.com/SoundTransit)

Community Transit rider alerts
www.communitytransit.org/rider-alerts

Facebook: [@communitytransit](https://www.facebook.com/communitytransit)
X: [@MyCommTrans](https://twitter.com/MyCommTrans)

Washington State highways and traffic
wsdot.com/traffic/trafficalerts/
call: 511
X: [@wsdot_traffic](https://twitter.com/wsdot_traffic)
[@wsdot_passes](https://twitter.com/wsdot_passes)

Washington State Ferries
wsdot.wa.gov/ferries/
call 511
X: [@wsferries](https://twitter.com/wsferries)

Washington Traffic Info
<https://www.fhwa.dot.gov/trafficinfo/wa.htm>

Washington State Traffic Conditions
<http://www.wsp.wa.gov/i-want-to-traffic-conditions/>

More resources for winter preparedness

Cold Weather Shelters

Additional shelters are opened to the public during temporary cold weather. Shelter hours will vary in hours, days and location.

For information on community and city- and county-run shelters anywhere in Washington state, call 2-1-1 or 1-877-211-9274.

.....

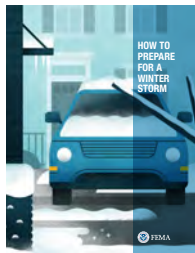
External Resources *(Click images to download)*



Winter Weather Social Media Toolkit (Ready.gov)



Winter Storm Fact Sheet



How to Prepare for a Winter Storm (FEMA)



Ready Freddie! An activity book to help kids and families prepare (King County Health Department)

Northwest Healthcare Response Network is a healthcare coalition, which is an affiliation of private and public partners working together to prepare for, respond to and recover from emergencies. Through collaborative planning, training, exercises and coordination of resources, the Network leads a regional effort to build a disaster-resilient healthcare system.

NWHRN is a nonprofit corporation and 501(c)(3) organization.

UTILITY LINKS

Puget Sound Energy

pse.com
call: 1-888-225-5773
Facebook: [@pugetsoundenergy](https://www.facebook.com/pugetsoundenergy)
X: [@PSETalk](https://twitter.com/PSETalk)

Seattle City Light

seattle.gov/city-light/outages
call: 206-684-7400
Facebook: [@SeattleCityLight](https://www.facebook.com/SeattleCityLight)
X: [@SEAcitylight](https://twitter.com/SEAcitylight)

Tacoma Public Utilities

mytpu.org/tacomapower/outage-safety/
call: 253-502-8600
Facebook: [@mytpu](https://www.facebook.com/mytpu)
X: [@myTPU](https://twitter.com/myTPU)

Peninsula Light

penlight.org
Facebook: [@PenLightCo](https://www.facebook.com/PenLightCo)
X: [@PenLightCo](https://twitter.com/PenLightCo)

Kitsap Public Utilities

kpud.org
360-779-7656

Cascade Natural Gas

www.cngc.com
888-522-1130

CONNECT WITH NWHRN

info@nwhrn.org

nwhrn.org

425-988-2898

