

Stay warm without power, without poisoning your family

- 1 Never indoors.** No grills, camp stoves, generators or gas ovens to heat the home. Not in the garage either.
- 2 Heat less space.** One small interior room. Close doors, cover windows with blankets, block drafts.
- 3 Layer up.** Hats, dry socks, layers, sleeping bags. Change out of damp clothes.
- 4 Body heat.** Group together in one room. Check on older neighbors.
- 5 CO alarms.** Battery or battery-backup alarms on every level and outside sleeping areas.
- 6 Warning signs.** Headache, dizziness, nausea, confusion. Get to fresh air and call 911. Shivering that stops is an emergency.

Go deeper: The Human Backup Plan

View on Amazon: <https://www.amazon.com/dp/B0HD545NVD>

Sources:

CDC: Carbon monoxide poisoning - <https://www.cdc.gov/carbon-monoxide/about/index.html>

Ready.gov: Winter weather - <https://www.ready.gov/winter-weather>