

Winter Readiness Checklist

At home and in the community



Use this checklist to help you and people in your community be safe and healthy in cold, wet weather.

These actions apply especially to older adults, young children, those with heart or kidney conditions, those who are unhoused or underhoused, and those who work outside.

Prepare for emergencies

- Make a plan to have someone check in on you during extreme weather.
- Put together an emergency kit. Make sure it includes extra medicines. You can ask at a pharmacy for an emergency supply.
- Have a plan to keep medical machines working during power outages, such as home oxygen, CPAP machine, ventilator, nebulizer.
- Have a plan in case there is flooding or severe storms.
- Make a list of what you need in case you have to evacuate. Essentials to include:
 - Your photo identification
 - Your BC Services Card
 - Your extended health benefit card
 - Your medicines, including opioid replacement or safer supply



Scan to get preparedness guides and other information from [Prepared BC](#)

Take care of yourself and others in slippery conditions

- Wear shoes or boots with a non-slip sole. If it is icy, consider attaching ice-grippers to footwear.
- Help others clear their walks and drains of leaves and snow or get help yourself.
- Avoid injuries when raking or shoveling, especially if you have a heart condition.
 - Take breaks often.
 - Rake or shovel many lighter loads rather than fewer heavy loads.
 - Drink water often.
 - Listen to your body for signs of stress
 - **Call 9-1-1** if you think you are having a heart attack.
- See if your community offers a snow removal program. If not, consider starting one in your neighbourhood, or consider asking someone or hiring someone to shovel snow for you.
- Exercise to improve your strength and balance as a way to prevent falls. If you are 65 years or older, try our Get Up & Go! exercise classes.
- Connect with others in your community through our Seniors Community Connector services. Find supports for older adults and caregivers, including opportunities for social activities, exercise programs, meal delivery, and other supports and resources.



Scan to learn more about [Seniors Community Connector](#) services



Scan to learn more about [preventing falls and our falls prevention clinics](#)



Scan to learn more about the topics shared in this resource or go to fraserhealth.ca/winter-readiness

Catalogue #268325 (November 2023)

Winter Readiness Checklist

At home and in the community



Keep your home healthy

- Try to keep your home warm. Cold homes are linked to poor health outcomes. If heating bills are too high, see if your city or town has a rent bank that can offer support. Funding might also be available through the BC Hydro Crisis Fund.
- Review BC Hydro's winter home heating tips.
- See if you qualify for rebates or government subsidy programs. See Better Homes BC (betterhomesbc.ca).
 - CleanBC Income Qualified Program
 - CleanBC Better Homes and Home Renovation Rebate Program
- Make sure trees around the home are healthy. As the weather turns colder, you or your landlord should get a professional arborist or your local government to assess the health of your trees to make sure they are not likely to fall during storms.
- Install a carbon monoxide (CO) alarm in your home. Change the batteries every 6 months.
- Learn how to conserve energy in your home. Attend an energy saving workshop by Empower Me. Sessions are available in many languages. (empowerme.ca)



Scan to review winter home heating tips from [BC Hydro](https://bc.ca/hydro)

Did you know?

Carbon monoxide (CO) gas can kill. You can't see it, smell it, or taste it. You will never know it is there.

Carbon monoxide can build up indoors to dangerous levels, especially in winter. It can get trapped in a space if snow or ice builds up on vents. It is produced when devices like camp stoves, barbeques, or gas heaters are used indoors during power outages.

Be aware of the signs of CO poisoning



Headache



Dizzy



Feel sick, vomit



Confused



Blurred vision



Feel weak



Short of breath



Pass out



Scan for more from [Fraser Health](https://fraserhealth.ca) on air quality

Icons created by Jeremy - Flaticon.com

Weather alerts

- Download the *WeatherCAN* app to get weather alerts in your area.
- Download the *Avalanche* app to get forecasts and avalanche advisories.
- Visit [EmergencyInfoBC](https://emergencyinfobc.ca) or follow on X/Twitter (@EmergencyInfoBC) for evacuation orders and alerts, as well as other emergencies.



Scan to learn more about the topics shared in this resource or go to fraserhealth.ca/winter-readiness

Catalogue #268325 (November 2023)

Cold safety

- Check the weather report. Try to stay inside during cold, wet weather. Wear warm layers if you go outside.
- Learn about wind-chill and how it can worsen the effects of cold.
- Learn about hypothermia and frostbite and how to prevent them. Hypothermia and frostbite can happen at temperatures around zero degrees.