
Be prepared for winter storms

Are you ready for a winter storm? What will you do if you lose power to your home?

There are dozens of winter storms in BC. Most families think they are prepared. They have extra food and toilet paper. But they do not have a plan or an emergency kit.

What do you do if the power goes out?

1. Make a plan with your family. Decide what you will do and who you can ask for help.
2. Know the refrigerator rules. Keep your fridge and freezer doors closed. You may need to throw away food if your power is out more than four hours. Food in your freezer can last between 24-48 hours.
3. Understand powerline safety. Stay away from fallen powerlines. Make sure children stay away too.

What should you have in your emergency kit?

Your emergency kit should help you stay warm and safe if you lose power. You should include:

- batteries
- flashlights and candles
- warm clothing
- non-perishable food
- water
- a first-aid kit

You should have enough warm clothing and food to keep you safe for 72 hours.

Adapted from *Kamloops This Week*, BC Hydro
Photos: Pixabay/Vidar Skjeggerud, Pixabay/Boyan Chen



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You should include candles in your emergency kit.