

# Winter Safety Checklist (Printable)

**Emergency: call 911. Find local help: call 211.**

## **Carry / keep available**

- ■ Warm socks, gloves, hat, scarf
- ■ Hand warmers / thermal blanket
- ■ Water + snacks
- ■ Phone charger / battery pack
- ■ Basic first aid (bandages, wipes)
- ■ List of local shelters/warming centers (or call 211)

## **Check on people at higher risk**

- ■ Older adults
- ■ Children
- ■ People with disabilities or chronic illness
- ■ Anyone without reliable heat or stable shelter

## **Watch for warning signs**

- ■ Hypothermia: confusion, slurred speech, intense shivering, drowsiness
- ■ Frostbite: numbness, pale/gray skin, hard/waxy skin

## **If you find someone in danger**

- ■ Call 911 if they are confused, very sleepy, or not responding normally.
- ■ Move them to warmth; remove wet clothing; wrap in blankets.
- ■ Warm the center of the body first; do not rub frostbitten skin.

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