



Winter Weather: Get Ready Now



People with disabilities can be more vulnerable during winter weather and its accompanying hazards. One in five Virginians has a disability. They, their families and their employers need to plan ahead to avoid potentially life-threatening problems.

Start preparing in advance of bad weather

- ✓ **Make a plan.** Decide on a meeting place outside of your neighborhood if your family is separated and cannot return home because of closed roads. Choose an out-of-town relative or friend to be your family's point of contact for emergency communications. With your family, write down your emergency plan – get a free worksheet at www.ReadyVirginia.gov.
- ✓ **Get a kit.** Here are basic supplies for winter weather: a three-day supply of food and water (a gallon per person per day); a battery-powered and/or hand-crank radio with extra batteries; and your written family emergency plan. Be sure to include a first aid kit, all necessary medications, blankets and warm clothing, any special supplies needed for your household and pet items.
- ✓ **Stay informed.** Before, during and after a winter storm, listen to local media for information and instructions from emergency officials. Be aware of winter storm watches and warnings and road conditions. You can get road condition information 24/7 by calling 511 or checking www.511Virginia.org.



Special winter weather tips for Virginians with disabilities

- ✓ [Watch a video on helping deaf Virginians to prepare for winter storms](#)
- ✓ [Information for adults and families of children with special health needs](#)
- ✓ [Tips from the Virginia Department of Emergency Management for people with disabilities \(Spanish version\)](#)
- ✓ Closed captioned videos on how Virginians with disabilities can prepare for emergencies: in [English](#) and [Spanish](#) and [iPhone application](#).
Courtesy of the Hampton Roads Special Needs and Hampton Roads Planning District Commission
- ✓ [“Preparing for Disaster for People with Disabilities and other Special Needs”](#) information from FEMA and the American Red Cross
- ✓ [Download an emergency preparedness brochure from FEMA](#)