



The Huestis Insurance Group

Winter storms: protect yourself

Winter storms can be dangerous. Learn the best steps to protect yourself and your family as fully as possible.

If you are indoors

stay there!

Listen for radio and television broadcasts of storm warnings.



If you are outdoors

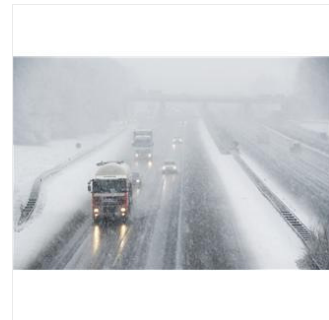
If you have to go outdoors, prepare yourself against the cold and find shelter as soon as possible.

- ◆ Several lightweight layers give more warmth than a single heavy coat. Try thermal underwear, a turtleneck, a medium sweater, and a jacket.
- ◆ Wear a hat to prevent heat loss. Cover your mouth to protect your lungs. Wear gloves and hiking or snow boots.
- ◆ Always tell someone where you are going, how you are getting there, and when you think you will arrive. This way, someone will know where you might be if you are stranded.

If you are in a vehicle

Travel can be dangerous during a severe storm.

- ◆ If you hear news of a blizzard warning, find shelter as soon as possible.
- ◆ If you are stuck in your car, stay with the vehicle.
- ◆ Provide a signal to rescuers such as a bright cloth tied onto the vehicle.
- ◆ Keep the window open a crack for fresh air.
- ◆ Stay warm by moving your arms and legs, keeping the blood flowing.
- ◆ Start the car engine once every hour, and use the heater for ten minutes.
- ◆ When the engine is running, leave the dome light on.
- ◆ Keep the exhaust pipe clear so that fumes can escape.
- ◆ Always tell someone where you are going, how you are getting there, and when you think you will arrive.



Become familiar with your community's emergency management system. Every member of your family should know what to do when a disaster strikes. Learn about your disaster safety plans in the workplace and at your children's school and/or childcare centre.

Create a family disaster safety plan. Assemble a [disaster safety kit](#). Together, identify escape routes from your home and neighbourhood. Choose an emergency meeting place for the family.

Thank you for your referrals.

If you're pleased with us, spread the word! We will be happy to give the same great service to all of your family, friends and business associates!

