

Cold Weather Emergency Readiness Checklist

Use this self-check tool to help you assess your preparedness.

Power & Heat

- I have considered how I would stay safe if power or heat was lost
- If I rely on electricity for health or daily living needs I have a plan

Health & Medication

- I thought about what I would need to stay healthy for several days
- I considered what happens if pharmacies or deliveries are delayed

Transportation & Mobility

- I have considered whether I would stay home or need to leave
- I know what transportation options I might rely on
- I have thought about weather-related travel barriers

Communication

- I know who needs to know my plan in an emergency
- I have considered how I would receive emergency alerts
- I thought about how I would do if phones/internet were down

Support Network

- I have identified people who could help me if needed

Pets, Service Animals, & Emotional Support Animals

- I have considered their needs during an emergency

Important Reminder

This guide was developed by the Progressive Center for Independent Living (PCIL) of Hamilton, NJ. If you would like additional support, PCIL offers free Emergency Preparedness Training for people with disabilities and seniors in Mercer County and Hunterdon County, New Jersey, made possible through the Inclusive Healthy Communities Grant.

Visit www.pcil.org/pathways-to-preparedness for more details.