



NE TABÁ INTERNATIONAL

Winter Preparedness Guide

Safety Information • Household Checklist • Community Resources

This guide compiles information from FEMA, CDC, and NOAA. Not an official advisory. Always defer to ready.gov | cdc.gov | 911

Why Preparedness Matters Now

Infrastructure Under Strain

- U.S. energy infrastructure grade: D+ (ASCE, March 2025)
- AI data centers use far more energy per query estimates (IEA)
- Grid capacity prices increased 10x in key markets

Extreme Weather Increasing

- NOAA tracking multiple significant winter events this season
- 80% of power outages since 2000 are weather-related
- La Niña and polar vortex increasing winter severity

Communication Vulnerabilities

- January 2026: Verizon outage ~10 hours, affected 911 access
- February 2024: AT&T outage impacted 70,000+ customers
- July 2024: 911 systems failed in 4 states simultaneously

Historical Precedent: Texas 2021

- 246 deaths during Winter Storm Uri
- Primary causes: hypothermia and CO poisoning
- Power outages lasted multiple days in freezing temps

Critical Dependencies:

Power outages cascade: no electricity → no heat, no refrigeration, no phone charging, no internet, no ATMs, no gas pumps, potentially no water or 911. Medical equipment stops. Elderly and infants are most vulnerable.

FEMA recommends being prepared to be self-sufficient for at least 72 hours.



Four Things Everyone Should Know

1

Hypothermia can occur INDOORS

Elderly adults are at risk even at 60-65°F. A frail adult can develop hypothermia overnight in a cold house.

2

Generators KILL indoors

Most generator CO deaths occur when units are placed indoors. Must be 20+ feet from any opening.

3

When shivering STOPS, danger increases

This is NOT improvement—the body is losing its fight. Call 911 immediately.

4

Plan for 72+ hours without help

Emergency services may be overwhelmed or unable to reach you. Have supplies for at least 3 days.

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Hypothermia — It Can Happen Indoors

Body temperature below 95°F = MEDICAL EMERGENCY — Call 911

Who Is at Higher Risk?

- Older adults (65+)
- Infants (cannot shiver to generate heat)
- People with diabetes, thyroid issues, Parkinson's
- Those taking sedatives or antidepressants
- Anyone who is wet or intoxicated
- People with poor nutrition or fatigue

Warning Signs

Early: Shivering, cold hands/feet, confusion, clumsiness, slurred speech, drowsiness

DANGER — Call 911:

Shivering STOPS, very slow breathing, weak pulse, loss of consciousness, bright red cold skin (infants)

Indoor temps of 60-65°F can trigger hypothermia in elderly over extended periods. NIH recommends 68°F minimum.

What To Do:

Move to warm area → Remove wet clothing → Warm body center (chest, neck, head) with blankets → Give warm drinks if conscious (no alcohol) → Handle gently → Continue until help arrives



Carbon Monoxide — The Silent Killer

CO is COLORLESS and ODORLESS — You cannot detect it. Kills 400+ Americans/year.

What NEVER To Do (CDC/FEMA):

- NEVER use generator indoors or in garage (20+ ft from openings)
- NEVER use gas stove or oven to heat your home
- NEVER use charcoal or propane grill indoors
- NEVER burn charcoal indoors
- NEVER run car in closed or partially closed garage
- NEVER use unvented kerosene or propane heaters
- NEVER use camp stove indoors

\$20

CO ALARM CAN SAVE YOUR LIFE
Install battery-powered detectors on
every level and near sleeping areas

CDC

Symptoms:

Headache, dizziness, weakness, nausea, confusion, loss of consciousness

CRITICAL: People who are sleeping or have consumed alcohol can die BEFORE experiencing any symptoms.



Safe Ways to Stay Warm

- Layer clothing — wear a hat indoors (your head is often left uncovered)
- Use blankets and sleeping bags
- Gather everyone in ONE room (body heat adds up; close other doors)
- Use a properly vented fireplace (ensure chimney is clear)
- Portable electric space heaters (if power):
 - Keep 3 feet from anything flammable
 - Never leave unattended
 - Turn off when sleeping
- Go to a warming center (call 211)
- Stay with family or friends who have heat
- Seal drafts with rolled towels or blankets

Real Example:

Family of 4 loses power during ice storm. They move mattresses to living room with fireplace, wear hats and layers, hang blankets over windows, close off bedrooms, use sleeping bags at night, and check on elderly neighbor every few hours.



72-Hour Household Checklist

Calculate: _____ people \times 3 days = minimum supplies | Refresh every 6 months

WATER

- 1 gallon per person per day
- Family of 4 = 12 gallons
- Extra for pets, illness

FOOD

- MANUAL CAN OPENER
- Canned goods, peanut butter
- Granola, crackers, dried fruit

WARMTH

- Blankets (1+ per person)
- Sleeping bags
- Hats, gloves, extra socks

LIGHT & POWER

- Flashlights (2+) + batteries
- Battery/crank lantern
- Phone chargers (charged!)

COMMUNICATION

- NOAA Weather Radio
- Written emergency numbers
- Physical maps of area

MONEY & DOCS

- Cash in small bills
- Copies of IDs, insurance
- Waterproof container

HEALTH & SAFETY

- First aid kit
- 7-day medications
- CO detector

SPECIAL NEEDS

Infants: diapers, formula | Elderly: meds | Pets | Medical equipment

Store supplies in accessible location. Check expiration dates. Keep car gas tank at least half full.



For Organizations & Community Leaders

Prepare Your Organization

- Identify members needing extra support (elderly living alone, disabilities, medical needs)
- Create communication plan NOT relying solely on cell networks
- Consider if facility could be warming location
- Stock basic emergency supplies on-site

Community Check-In System

- Pair members to check on each other
- Prioritize: elderly alone, medical conditions
- Never assume "no news is good news"
- Have backup contacts for each person

Identify Now — Before Emergency

- Local warming centers (libraries, shelters)
- Emergency shelters in your area
- Local emergency management contact
- Utility company outage line
- Non-emergency police and fire lines
- 211 — community resources hotline
- Nearest hospital with backup power
- Members with medical training

Example: Church pairs 30 elderly members with volunteers. When power fails, volunteers check on buddies within 4 hours, preventing emergencies.



Official Resources & Emergency Contacts

EMERGENCY: 911 | Community Resources: 211 | Disaster Distress: 1-800-985-5990

Official Websites

FEMA

ready.gov — Preparedness information
ready.gov/kit — Supply checklist
ready.gov/power-outages — Outage guidance
Download FEMA App — Alerts + shelter locator

Weather & Health

weather.gov — Forecasts and alerts
weather.gov/nwr — NOAA Weather Radio
cdc.gov/hypothermia — Cold weather safety
cdc.gov/co — Carbon monoxide prevention

Before an Emergency — Do Now

- Sign up for local emergency alerts (search "[your county] emergency alerts")
- Locate warming centers in your area — call 211 or check local government website
- Save utility company outage number in your phone
- Identify family meeting points if phones don't work
- Share this guide with neighbors, especially elderly or vulnerable individuals
- Set calendar reminder to refresh emergency supplies every 6 months

Preparedness is an act of care — for yourself, your family, and your community.





Thank You

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Together we move.