



Sq'ewqel (Seabird Island)

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Éy swayél Seabird Families,

Cold weather is fore-casted to take place between January 11-16 with overnight lows reaching -15°C pre-windchill. There are a few things you can do to prepare yourself, your family and your pets for this event:

- Do you have an emergency 72-hour kit?
- Ensure you have a back-up warmth plan in case power goes out
 - have firewood pre-split and ready
 - have candles and matches/lighter – this can heat a small space, such as a car or small insulated room (close doors and windows to keep heat in one room)
 - gather extra blankets and winter clothes
- **If it's too cold for you to stay outside, it's too cold for your pet to stay outside**
- Stock up on extra drinking water and food. Can you cook with no power?
- Remember to charge your phones/electronics in case of power outage
- Are you on well water or septic? Pipes may freeze. Fill extra jugs of water to flush in case your toilets aren't re-filling
- Know where your flashlights are and have extra batteries.
- Dress warmly
 - dress in layers, the outer layer should be wind resistant
 - synthetic and wool fabrics are good insulating materials
 - wear a hat (we lose a large portion of our body heat from the head)
- Cover up
 - frostbite can develop within minutes on exposed skin, especially with wind chill.
 - watch for colour changes on fingers and toes, pain, numbness, a tingling sensation, or swelling
 - ensure kids are fully covered and check them for signs of frostbite often
- Keep dry to stay warmer
- Keep moving to maintain your body heat and seek shelter from the wind.
 - outdoor workers should take regularly scheduled breaks to warm up
- Ask a health professional how medications or health conditions can affect your risk in the cold
 - a person with a heart condition should avoid strenuous activities like shoveling snow.
- Check on older family, friends and neighbours
- Keep emergency supplies in your vehicle such as extra blankets and jumper cables
- Make sure your home is well-insulated, the heating system is working efficiently and seal off cracks and drafts

For those on Reserve, please check Seabird Island's Main Facebook Page for information about the Warming Stations we are planning to open should the weather conditions warrant them.

Please note, updates will be posted, even after hours, as needed.

For those off Reserve, please check <http://www.emergencymapbc.ca/> to see where warming locations are located throughout the province of BC.