

FREE PRINTABLE RESOURCE

WARM ROOM FIELD CARD

Keep warm, keep the air clean, and know the warning signs when the power is out in winter.

SET UP THE WARM ROOM

- ☐ **Small interior room**
Fewer exterior walls and windows
- ☐ **Door closed, blanket over any open doorway**
- ☐ **Heavy curtains pulled, towel at drafty windows**
- ☐ **Bedding in, off the floor**
Mattress, cushions, sleeping bags, blankets
- ☐ **Flashlights, water, snacks, medication, chargers**
Move them in once
- ☐ **Battery CO detector installed and tested**
Test date: _____

LAYER UP (CDC)

- ☐ **Inner layer**
Wool, silk or polypropylene hold more heat than cotton
- ☐ **Insulation layer**
Traps air close to your body
- ☐ **Outer layer**
Blocks wind. Indoors: a coat or sleeping bag
- ☐ **Hat, gloves or mittens, dry socks**

NEVER USE FOR HEAT

- ☐ **The stove**
CDC: not safe
- ☐ **The oven**
U.S. Fire Administration: never
- ☐ **Generators, grills, camp stoves**
Not inside, not in a garage or basement, not near windows (CDC)
- ☐ **Generator outside only**
At least 20 feet from doors, windows and vents (CDC)

IF YOU USE A HEATER

- ☐ **Keep anything that can burn 3 feet away**
Fireplaces, stoves, radiators, space heaters, candles
- ☐ **Turn space heaters off**
When leaving the room or going to bed

WARNING SIGNS

- ☐ **Adults**
Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness
- ☐ **Infants**
Bright red, cold skin, very low energy
- ☐ **CO symptoms**
Headache, dizziness, weakness, chest pain, confusion

Below 95°F body temperature, CO alarm, or fire? Get to safety and call 911.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: CDC winter storm safety, hypothermia and carbon monoxide guidance; U.S. Fire Administration heating fire safety. Informational only; not medical advice.