



Are you ReadyPA? Social Media Toolkit - November 2020

Use this toolkit of key messages and templates to educate your community about the importance of preparedness. The content in this toolkit is based on the PEMA and FEMA preparedness messaging calendars and are ready for you to use to help make a Ready PA.

This month's topics:	Tools:
Carbon Monoxide "The Silent Killer" Holiday Safety During the Pandemic Winter Weather & Alerts Low-Income Home Energy Assistance (LIHEAP)	Ready PA Action Sheet— Carbon Monoxide Social Media Messages Graphics (follow link below graphic to download) Talking Points

Carbon Monoxide "The Silent Killer"

Social Media: Carbon Monoxide "The Silent Killer"

Facebook

Hazards associated with the presence of carbon monoxide are serious, and Pennsylvania routinely leads the nation in fatalities. Since it is an odorless, colorless, and tasteless gas, it can incapacitate victims before they are aware that they have been exposed. Symptoms of carbon monoxide poisoning often include nausea, headaches, dizziness, disorientation, and fatigue.

Learn more: befiresafepa.com #BeFireSafePA

Smoke Alarm and Carbon Monoxide Detector Tips:

- Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home including the basement.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Have a home escape plan and practice it with your entire family.

Learn more: befiresafepa.com #BeFireSafePA

Twitter

Working smoke alarms and carbon monoxide detectors save lives. Test yours today! Learn more: befiresafepa.com #BeFireSafePA

Symptoms of carbon monoxide poisoning often include nausea, headaches, dizziness, disorientation, and fatigue. Learn more: befiresafepa.com #BeFireSafePA

Graphics: Carbon Monoxide "The Silent Killer"



[Download](#) this graphic.

Talking Points: Carbon Monoxide "The Silent Killer"

- Carbon monoxide, also known as CO, is called the "Invisible Killer." Carbon monoxide is an odorless, colorless and tasteless gas that can incapacitate victims before they are aware they have been exposed.
- Sources that produce carbon monoxide include wood-burning fireplaces and stoves, gas-fired fireplaces, appliances, grills and generators and motor vehicles.
- Because carbon monoxide is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate carbon monoxide poisoning are similar to the flu (but without the fever). They include:
 - Headache
 - Fatigue
 - Shortness of breath
 - Nausea
 - Dizziness
- High level carbon monoxide poisoning results in progressively more severe symptoms, including:
 - Mental confusion
 - Vomiting
 - Loss of muscular coordination
 - Loss of consciousness
 - Ultimately death
- Having functional smoke alarms and carbon monoxide detectors is the simplest, most effective way to ensure your family members are alerted early enough to respond. Install smoke alarms and carbon monoxide detectors in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home, including the basement.
- Test your alarms monthly and replace the batteries regularly. Have a home escape plan and practice it with your entire family.

Holiday Safety During the Pandemic

Social Media: Holiday Safety During the Pandemic

Facebook

As you begin preparing your Thanksgiving meals, remember to stand by your pan! Stay safe and enjoy the holiday.

Learn more: befiresafepa.com #BeFireSafePA

Holidays may look a little different this year, but one thing remains the same: the importance of fire safety. Always use turkey fryers outdoors and never use them on a wooden deck or in a garage. #BeFireSafePA

Twitter

#DYK that cooking is the main cause of home fires and fire injuries? You can prevent cooking fires. Learn how by taking these steps to keep your family safe. https://www.usfa.fema.gov/downloads/pdf/publications/kitchen_fires_poster.pdf. #BeFireSafePA

From the moment an alarm sounds, occupants may have as little as two minutes to safely exit the building. Make sure you have a plan now. #BeFireSafePA

Graphics: Holiday Safety During the Pandemic



Practice safe cooking this Thanksgiving.

Home cooking fires happen most often on Thanksgiving. Stand by your pan: if you are cooking at high temperatures, turn off the burner before leaving the kitchen.

U.S. Fire Administration | FEMA | Fire Department's Fight

[Download this graphic.](#)



Use turkey fryers outdoors.

Never use them on a wooden deck or in a garage.

U.S. Fire Administration | FEMA | Fire Department's Fight

[Download this graphic.](#)

Talking Points: Holiday Safety During the Pandemic

- The [Center for Disease Control and Prevention](#) is offering considerations to help protect individuals and their families, friends and communities from COVID-19. These considerations are meant to supplement, not replace, any [state](#) or [local](#) health and safety laws, rules, and regulations with which holiday gatherings must comply.
- According to the National Fire Protection Association, from the moment an alarm sounds, occupants may have as little as two minutes to safely exit the building.
- Did you know that cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Learn how by taking these steps to keep your family safe. https://www.usfa.fema.gov/downloads/pdf/publications/kitchen_fires_poster.pdf
- The U.S. Fire Administration reports nearly 2,400 house fires occur nationwide on Thanksgiving alone.
- Nearly 60% of home candle fires occurred when some form of combustible material was left or came too close to the candle.
- Keep candles 12 inches away from things that can burn throughout the holiday season.
- Be alert! The COVID-19 pandemic has presented new challenges for home safety. When cooking at home, do not let children home from school or teleworking tasks distract you from monitoring your cooking.

Turkey Fryer Tips:

- Read the turkey fryer owner's manual thoroughly for proper set-up and safety tips.
- Do not deep fry your turkey inside your garage, on your porch or deck, or inside your home.
- Use your fryer outside, away from trees, walls, fences and other structures.
- Make sure the turkey is completely thawed before frying (hot oil and ice/water do not mix).
- Have an all-purpose fire extinguisher nearby. Never use water to extinguish an oil fire.

Social Media: Winter Weather Awareness & Alerts

Facebook

Snow squalls can hit fast and hard, turning your visibility to zero in seconds. The best thing you can do when there's a threat of snow squalls in your area is to closely follow your trusted local weather source and avoid travel.

Snow squall safety tips. Learn more from the U.S. National Weather Service (NWS): <http://bit.ly/2qUKGIS>

Twitter

1 way to be prepared for disasters is having at least 2 ways to get local weather warnings. A few ideas:

- Sign up for alerts to your phone: bit.ly/Alert-PA
- Follow your trusted local weather source
- Get a NOAA weather radio

Graphics: Winter Weather Awareness & Alerts

SNOW SQUALL SAFETY

Consider avoiding or delaying travel until the snow squall passes your location.

Leave extra time if you must travel, so you can navigate appropriately and not feel rushed.

Reduce your speed and turn on your headlights. In a matter of seconds, your visibility can be zero.

Don't slam on your brakes. With roads being slick, this could contribute to loss of vehicle control.

[Download](#) this graphic.



[Download](#) this graphic.

Talking Points: Winter Weather Awareness & Alerts

- In Pennsylvania, we tend to see wintry weather anywhere from October through April, with the greatest impact typically during January, February, and March.
- We have it all. Snow, sleet, ice, heavy rain, cold, wind, flooding, and ice jams can impact Pennsylvania during the winter time.
- Did you know 41 inches of snow fell in one single day in Lakeville, Wayne County, Pennsylvania, on February 16, 1958?
- The coldest temperature in Pennsylvania was recorded in Smethport, Pennsylvania, on January 5, 1904. It was 42 degrees below freezing!

What You Should Know About Winter Weather

- Know what to do before, during, and after a winter storm.
- Listen to local officials.
- Have emergency supplies in place at home, at work, and in the car.
- Stay off the road during and after a winter storm.
- Have a carbon monoxide alarm in place, especially if using alternative heating devices.
- Use safe heating devices.
- If you are traveling by car, remember to pack an emergency travel kit. Do not leave home without it! <https://www.ready.gov/car>.

Alerts

- Motorists are encouraged to “Know Before You Go” by checking conditions on more than 40,000 roadway miles by visiting www.511PA.com.
- Check road conditions frequently, sign up for [AlertPA](#) by [CodeRED](#) and [511PA](#).
- [511PA](#) provides free, 24-hour traveler information services.

Low-Income Home Energy Assistance (LIHEAP)

Social Media: Low-Income Home Energy Assistance (LIHEAP)

Facebook

LIHEAP offers crisis grants for households in emergency situations such as:

- Broken heating equipment or leaking lines
- Lack of fuel
- Heating source has been completely shut off
- Danger of having utility service terminated

Learn more: <http://bit.ly/liheapPA>

Twitter

Cold weather is on its way! Spread the word: Pennsylvanians can now apply for home-heating assistance through LIHEAP. Apply early and keep your home warm all winter long: <http://bit.ly/LIHEAPPA>.

Graphics: Low-Income Home Energy Assistance (LIHEAP)



How to Apply

ONLINE:
www.compass.state.pa.us

REQUEST AN APPLICATION:
Phone: 1-866-857-7095
1-800-451-5886 (TDD)

At your local county assistance office

You don't have to be on public assistance or have an unpaid heating bill to qualify.



[Download this graphic.](#)

[Download this graphic.](#)

Talking Points: Low-Income Home Energy Assistance (LIHEAP)

- The 2020-2021 Low-Income Home Energy Assistance Program is now open! The season is scheduled to close on April 9, 2021.
- The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant.
- The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$200 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.
- There are two ways to apply for LIHEAP:
 - Online: Apply for benefits online using COMPASS, the online tool for Pennsylvanians to apply for health and human service programs and manage benefit information.
 - On paper: You can download a paper application, print it, fill it out, and return it to your local county assistance office.

Eligibility:

- You must meet income guidelines
- You don't have to be on public assistance
- You don't need to have an unpaid heating bills
- You can rent or own your home
- For more information about LIHEAP, please contact your county assistance office, or call the LIHEAP hotline at 1-866-857-7095, Monday through Friday. Individuals with hearing impairments may call 711.

READY PA MONTHLY NEWSLETTER

The newsletter is designed for all citizens and includes information about each of the monthly preparedness topics.

- When you receive the electronic copy, forward it to community groups, personal care homes, hospitals and schools, etc.
- Make the newsletter available on your website and promote it and its content via social media posts and more.
- Include a link to the November newsletter, which can be found on ready.pa.gov.
- Click [here](#) for the most recent Ready PA newsletter.

Ready PA Logo

www.ready.pa.gov



Ready PA Action Sheet

Include a link to the November Action Sheet:

https://www.ready.pa.gov/BeInformed/ReadyPA_Newsletter/Documents/Action-Sheet-November-2020.pdf

Are you ReadyPA? TIP SHEET

CO CARBON MONOXIDE is an odorless, colorless and tasteless gas that kills without warning.

CO is dangerous because it

- CAN'T BE SEEN
- CAN'T BE SMELLED
- CAN'T BE HEARD

You can prevent CO poisoning and protect yourself by knowing the symptoms and how to detect it.

Possible sources of carbon monoxide in your home.

- Fireplace
- Dryer
- Furnace
- Stove
- Portable Generator
- Water Heater

Recommended locations for a carbon monoxide detector.

- Smoke Alarm
- Carbon Monoxide Alarm
- Fire Extinguisher

Recognize the Signs and Symptoms of Carbon Monoxide (CO) Poisoning

- Headache
- Shortness of breath
- Chest pain
- Nausea or vomiting
- Dizziness
- Collapse
- Loss of consciousness

If you have signs and symptoms or your CO alarm or CO detector sounds: **Call 911**

Be Informed. Be Prepared. Be Involved.