

# Tips for surviving a power outage

If your home heater goes out during a winter storm, keep warm by closing off the rooms you don't need.



Use only safe sources of heat like wood or UL-approved indoor fuel burning stoves.

Dress in several layers of lightweight clothing and wear a wool cap because a lot of your body heat is lost through your head. Sleep under several lightweight blankets instead of a single heavy one and eat quick-energy foods like granola, peanut butter, and raisins so your body produces its own heat.

This has been another safety tip from the SLTFD.

– Sallie Ross-Filgo, South Lake Tahoe Fire Department