

# Tips for staying warm when the power is out

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.

Eat quick-energy foods like granola, peanut butter, and raisins so your body produces its own heat.

– *Sallie Ross-Filgo, South Lake Tahoe Fire Department*