

Social Media Messages for Winter Weather

Twitter messages

You can post messages below on your local or tribal health authority's Twitter feed. All posts are 140 or fewer characters.

The Centers for Disease Control and Prevention's [@CDCReady](#) and [@CDCEmergency](#) feeds can also be retweeted as relevant information and links are tweeted.

Tweets

Storm coming? Portable generators produce poison gas carbon monoxide. Run generator at least 25 ft. from home, doors and windows.

Staying safe before, during and after #winter weather. Get safety tips from #OregonHealthAuthority: <http://1.usa.gov/MY2Js3>

Visit [@OregonDOT](#) to check your trip before heading out into winter weather conditions. <http://www.tripcheck.com>

Winter cold is here. Gas and oil furnaces produce poisonous gas carbon monoxide. Keep your family safe. Inspect your furnace ASAP. #Oregon

Avoid carbon monoxide (CO) poisoning. Install CO detectors, check your furnace regularly, keep portable generator >25 ft. from home. #Oregon

Did your power go out? Use [FoodSafety.gov](#) food charts to help you decide what to keep and what to toss. <http://tinyurl.com/p9j6rll>

Is your food safe after a power outage?
http://www.foodsafety.gov/keep/charts/refridg_food.html

Be safe when using chainsaws for downed tree removal: <http://tinyurl.com/p5w2dtm>

Facebook posts

All of the above tweets can be cross-posted as Facebook messages. However, the following suggestions have images and links that are also for posting. For more suggestions, visit the Centers for Disease Control and Prevention's Facebook page at <https://www.facebook.com/cdcemergency> to repost useful links, webpages, photos, and tips.

Did you know that you can get the latest weather updates from your smartphone? You will receive a text message if you enter a storm area. Find out if your phone receives wireless emergency alerts from the Commercial Mobile Alert System: <http://www.nws.noaa.gov/com/weatherreadynation/wea.html>

Avoid getting hurt on the roads as the winter storm arrives. Check your trip through Oregon's Department of Transportation Trip Check (<http://www.tripcheck.com>) or call 5-1-1 before going on the road.

If you are out driving during a storm warning, stay in your vehicle if you get stuck. Learn more safety tips at <http://1.usa.gov/MY2Js3>

We are seeing a lot of pictures on Facebook of winter weather. Be sure to prevent hypothermia and frostbite when the storm arrives. Dress warmly and wear proper boots when venturing out! Learn more safety tips at: <https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWinterStorms.aspx>

Do you know what to do if the power goes out? Is your emergency kit ready to go? Do you have all the necessary supplies? Build an emergency kit on budget. Learn what you can do to prepare today: <http://public.health.oregon.gov/Preparedness/Prepare/Pages/BuildAKit.aspx>

Winter weather can cause power outages. Call your local power company to report outages. If you use a generator, make sure to place it at least 25 ft. outside the home. Incorrect generator use can lead to carbon monoxide poisoning. You can get it from the toxic engine exhaust, electric shock, or electrocution and fire.

Are you still in a storm warning? Get the latest weather updates from the National Weather Service Oregon Facebook page. <https://www.facebook.com/NWSPortland/>

Have you ever heard of the phrase "adding insult to injury"? Well, in a disaster, adding injury can make everything ten times worse! Check out the link below and learn basic tips to keep you and your family safe after a disaster. <http://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/InjuryPrevention.aspx>

If your power goes out during a winter storm, your food may be at risk. Perishable foods can rapidly grow bacteria. Food can make you sick when not kept at the right temperatures. Educate yourself on proper food storage and health risks of food after a winter storm. Find quick tips to keep food safe here: <https://apps.state.or.us/Forms/Served/le8631.pdf>

Did you know that carbon monoxide is a potentially deadly, tasteless, colorless and odorless gas? Carbon monoxide poisoning is a concern during winter storms. That's because people use generators and other alternative heating and cooking methods. Learn to recognize carbon monoxide poisoning and how to prevent it. <https://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/CarbonMonoxidePoisoning.aspx>

Chain saws can be great labor saving tools to clear debris after a disaster. But, if not ran properly and with respect, they can quickly cause severe injury and death. Visit the site below for more safety information on chain saw operation. <http://tinyurl.com/p5w2dtm>