

# EMERGENCY RESOURCES

## Texas Winter Storm

### STATEWIDE INFORMATION AND RESOURCES

**2-1-1 Texas:** <https://www.211texas.org/>

Find food, health, housing, and other resources.  
Phone: Dial 2-1-1 or 877-541-7905

**Texas Division of Emergency Management:**

<https://twitter.com/TDEM>

Live updates on statewide resources, disaster response, and emergency preparedness.

**CrowdSource Rescue:**

[https://crowdsourcerescue.com/campaigns/home/223?scope\\_campaigns=223](https://crowdsourcerescue.com/campaigns/home/223?scope_campaigns=223)

Providing generators, space heaters, and food assistance

### HOUSING

**Warming center location map:**

<https://tdem.texas.gov/warm/>

**American Red Cross Shelter Locator:**

<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>

**Federal Emergency Management Agency (FEMA):**

Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (e.g., SHELTER 20472).

Mobile app: <https://www.fema.gov/about/news-multimedia/mobile-app-text-messages>

### FOOD ASSISTANCE

**Feeding Texas:** <https://www.feedingtexas.org/get-help/>

Phone: 512-527-3613

Find local food banks near you

**Feed the People Dallas:**

<https://feedthepeopledallas.com/>

Click "Storm aid form" to request assistance

**Houston Food Bank:**

<https://www.houstonfoodbank.org/find-help/>

Phone: 832-369-9390

### SHELTERING TIPS

#### Relocating

If your home loses power or heat for more than a few hours or if you do not have supplies to stay warm in your home overnight, consider going to a designated public shelter or warming center (see links on the left), if you can get there safely. Call 2-1-1 or local services for transportation help.

#### Staying in your home

If you will be sheltering at home, review the following safety tips.

#### Conserve warmth

- › Wear layers of warm, loose-fitting and lightweight clothing.
- › Eat and stay hydrated to warm the body.
- › Close blinds, curtains, and doors around the house. Consider keeping south-facing windows uncovered while it's sunny.
- › Stuff towels or rags under exterior doors.
- › If you have a small tent, setting it up indoors with blankets and sleeping bags can help keep you warmer while sleeping.
- › Do not use a stovetop or oven for heat.

#### Keep a water supply

- › Extreme cold can cause water pipes to freeze and sometimes rupture or break. Leave water taps open slightly, so they drip continuously (unless otherwise advised by local authorities). Know how to shut off your water if necessary.
- › Use bottled water.
- › Melt snow only as an emergency measure. Bring water to a rolling boil for at least one minute to kill germs, however, this will not remove any chemicals in the snow.

## TRANSPORTATION INFORMATION

### Texas Department of Transportation

Winter driving tips and preparedness:

<https://www.txdot.gov/driver/weather/winter-travel.html>

Roadside Assistance: 800-525-5555

Current road information: 800-452-9292

Highway/road conditions: <http://www.drivetexas.org/>

## DISASTER PREPAREDNESS AND RECOVERY:

**Texas Ready:** <https://texasready.gov/>

Learn more about making a plan for unexpected disasters.

## MORE RESOURCES

### Stay Safe During and After a Winter Storm

(English & Spanish)

[www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html](http://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html)

### What You Need to Know When the Power Goes Out Unexpectedly

(English & Spanish)

[www.cdc.gov/disasters/poweroutage/needtoknow.html](http://www.cdc.gov/disasters/poweroutage/needtoknow.html)

### Beware of carbon monoxide poisoning

- › Place generators outdoors at least 20 feet from buildings.
- › Do not run cars in garages, even with garage door open.
- › Do not use outdoor appliances, like grills or camp stoves, indoors.

### Other safety reminders

- › Avoid downed power lines.
- › Use battery-powered flashlights or lanterns rather than candles for light, if possible. If you do use candles, never leave a lit candle unattended. It can cause a fire.
- › If the power is out for a day or more, identify and throw away food that may not be safe to eat.
- › Ask your medical professional or pharmacist for guidelines on using your refrigerated medications.
- › Know the signs of hypothermia: shivering, tiredness/drowsiness, confusion, fumbling hands, memory loss, and slurred speech. Babies may have bright red skin and low energy. If you see signs, warm the center of the person's body with blankets or body heat. Get them to a warm room or shelter immediately.

#### Sources:

Centers for Disease Control and Prevention (CDC). Winter Weather. Retrieved from <https://www.cdc.gov/disasters/winter/index.html>

Ready.gov. Winter Weather. Retrieved from <https://www.ready.gov/winter-weather>

Texas Division of Emergency Management. Winter Storm Safety Reminders. Retrieved from <https://twitter.com/TDEM>

This information is for educational purposes only. It's not medical advice. Always ask your health care provider for appropriate examinations, treatment, testing, and care recommendations.

Cigna neither reviews nor controls the content and accuracy of non-Cigna Web sites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.

Use and distribution limited solely to authorized personnel. 921047 02/21 © 2021 Cigna

