Hidden Cache Prepper Warm Room Set Up

- ☐ Battery-powered CO detector/ alarm
- ☐ Combustible Gas Detector
- ☐ Area Rugs (even if the floor is carpeted)
- ☐ Blankets / couch cushions / pillows
- ☐ Sleeping bags (1 per person)
- ☐ Tent (2 if necessary and space allows)
- ☐ Propane heater* (only those rated for indoor use)
- ☐ Hot Water Bottles (1 per person)
- ☐ Seasonal clothing (hoodies/hats/gloves/mittens/ heavy socks)
- ☐ Consider a thermal base layer
- ☐ Fire Extinguishers (at least 2)
- ☐ Cooler
- ☐ Water (1 gal per person, per day)
- ☐ Food (tuna/chicken and other dishes easy to prepare)
- ☐ Paper & plastic plates, cups, utensils and serving utensils
- ☐ Paper Towels/ Dinner Napkins
- ☐ Comfort Items (games/books/toys)

Symptoms of CO Exposure

Mild to Moderate

Headaches	Drowsiness and Fatigue	Dizziness	Rapid Breathing	Shortness of Breath
Nausea or vomiting				

High Exposure

Confusion and poor judgment	Chest pain or seizures	Fast Heart Rate
Loss of Consciousness	Death	

First Aid

At the first sign of CO exposure symptoms:

- ☐ Get everyone out into fresh air.
- ☐ Call 911.
- ☐ Turn off the heater, if safe to do so.
- ☐ Only go back in once the source of the leak is found and fixed, or the fire department gives the okay.

*Select a model with an auto-shut off feature for low oxygen detection and tip-overs. Remember to leave a window or door cracked to promote airflow.

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- ☐ **If several people or pets feel, or appear sick at the same time, suspect CO.**

Tips!

1. Heat rises; choose a room on an upper floor, if available.
2. Cold air falls; avoid basements which are generally cooler.
3. Dress warmly and in layers. Add/remove as necessary.
4. Seal off spaces around/under doors and cover windows with plastic sheeting to prevent excess drafts.
5. Cover heat/air vents but leave a small opening to allow for adequate ventilation.
6. If necessary, cover windows and doors with heavy blankets to block the cold.
7. **Use propane heaters rated for indoor use only. The heater's built-in sensor detects oxygen depletion and shuts the heater off if it's knocked over. The built-in sensor doesn't detect CO. That's why you need a separate CO alarm.**
8. **Buy a separate, battery-powered carbon monoxide (CO) sensor and place it near sleeping areas, at breathing height.**
9. **Do not place the CO sensor next to the heater.**
10. **For an added measure of safety, buy a combustible gas sensor – to detect propane leaks – and place it down low since propane is heavier than air.**
11. **If you use a propane heater, crack a window as directed. Draft-proof everywhere else.**
12. **Follow the manufacturer's safety and proper use instructions.**
13. Store spare cylinders outside of the living space, never in the warm room.
14. Open curtains during the day for heat and light but close them at night to keep in the heat.
15. Huddle together! Use cushions and pillows to create a comfy spot on the floor to relax.
16. Use the tent to create a micro-climate within the room. Inside the tent will be warmer due to body heat. Set the tents up on top of the area rugs.
17. The rugs will serve as an extra barrier to the cold coming up through the floor.
18. Warm up the sleeping bags with hot water bottles.
19. Use extreme caution when children and pets are present during candle use or near anything that produces an open flame.
20. Have at least two (2) fire extinguishers at the ready.
21. Never use grills, camp stoves or generators indoors. They produce CO. Heat water and cook elsewhere, which also keeps excess moisture and steam out of the room.
22. For convenience, place food in a cooler to avoid constant opening of the fridge / freezer.
23. Don't forget to make room for your pets and their needs!
24. One more note about pets. Those furballs can serve a different purpose. At rest, a 12-pound cat generates 42.5 to 45 BTUs an hour while a 65-pound dog radiates 150 BTUs an hour when sleeping. That's as much as a 40-watt incandescent light bulb and half of a resting adult! Grab them and cuddle up.

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