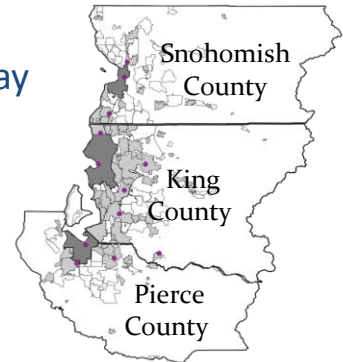


# Traveling During Cold Weather

It maybe difficult for service providers, caregivers, or family to get to you. During a snow event you also may not have access to services like Community Transit's DART, King County Metro's Access, Pierce Transit's Shuttle or another neighborhood van services. It is important to plan ahead to make sure that **YOU** are ready for winter weather.



## Make a Plan

- ✓ Make arrangements with service providers include in-home caregivers.
- ✓ Check-in with your neighbors, exchange phone numbers, if you're comfortable, ask them to check on you.
- ✓ Have plans to have snow or ice cleared.
- ✓ Go grocery shopping before the winter weather arrives, and make sure you have enough for your family and pets.
- ✓ Refill medications early, to keep at least a week's worth on-hand at all times.
- ✓ When leaving the house, pack a small emergency kit with essential medications, snacks, and water. Pack extra for a service animal if needed.
- ✓ If planning to use public transportation make a back-up plan in case travel conditions worsen.

## Stay informed

- ✓ Check weather and road conditions before you leave.
- ✓ If you must travel, call your transportation service, trips may be limited based on medically necessity during severe winter weather.
- ✓ Not all routes may be available during inclement weather, sign-up for transit alerts to be in-the-know on the go:
  - ✓ Pierce County ALERT
  - ✓ King County Road Alert
  - ✓ King County Metro Transit Alerts
  - ✓ Snohomish County Rider Alert
  - ✓ WSDOT Call 511

