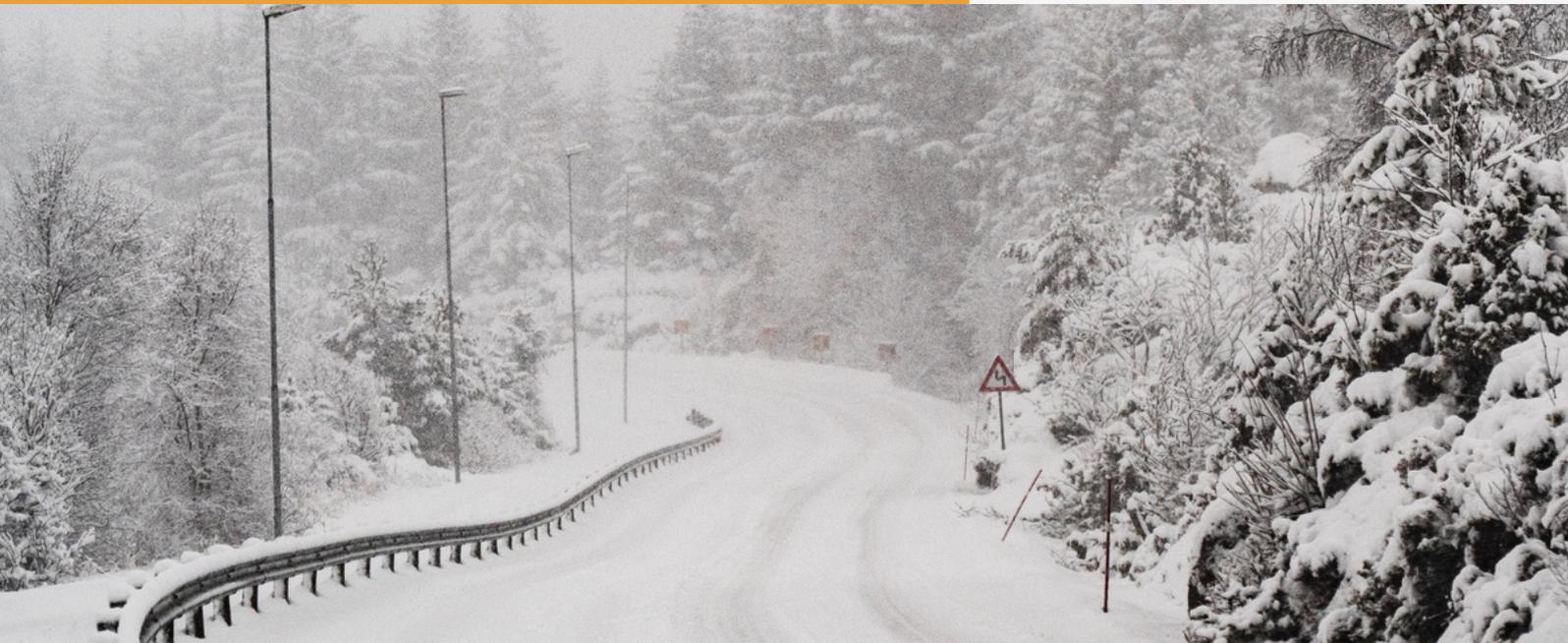


# Playbook

DECEMBER 2023



## 75 Points to Conquer the Cold

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**Many of these points are all season common for homes and offices.**

**A) BAU DOs**

**B) Emergency Kit**

**C) Communication Plan**

**D) Home Preparation**

**E) Vehicle Readiness**

**F) Weather Monitoring**

**G) Health & Safety**

**H) Community Resources**

**I) Emergency Finances**

**J) Fire Safety**

**K) Cold & Flue Preparedness**

**L) Quarantine and Isolation Plan**

**M) Telehealth Options**

**N) Mental Health Support**

**O) Travel Precautions**

**P) Education Outreach**

**Q) Global Perspective**

**R) Technology Integration**

**S) Training Programs**

**T) Documentation and Review**

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## **BAU DOs:**

1. Drink warm – tea/ coffee/ soup: enough of these
2. Warmers should already be out – keep them ready on order and use when needed
3. Get the pre-winter/ winter health checkup – get fresh prescriptions and stock your medicines
4. Get the pre-winter/ winter checkup of the vehicles
5. Always inform your spouse/ companion about your policies/ investments etc. Have nominations in all of these.
6. Know your neighbours – old people are more vulnerable – those alone may need more attention and care
7. Wash hands frequently with soap and water
8. Use hand sanitizer when soap is not available
9. Avoid touching your face, especially eyes, nose, and mouth
10. Cough or sneeze over your elbow
11. Consider using masks in crowded places or during illness outbreaks
12. Dispose of tissues and masks properly
13. Regularly clean and disinfect frequently-touched surfaces (doorknobs, light switches, etc.)
14. Use disinfectant wipes in common areas
15. Establish a routine for deep cleaning living spaces
16. Maintain regular exercise routines to support overall health
17. Consider indoor workout options during extreme weather





## **Emergency Kit:**

- 18. Water (at least a 3-day supply, one gallon per person per day) - expiry date checked**
- 19. Non-perishable food items - expiry date checked**
- 20. First aid kit - expiry date checked**
- 21. Flashlights with extra batteries - charged/ new**
- 22. Blankets or sleeping bags**
- 23. Warm clothing, gloves, and hats**
- 24. Multipurpose tool or knife**
- 25. Portable phone charger**

## **Communication Plan:**

- 26. Emergency contacts list - up-to-date**
- 27. Family communication plan in case of separation**
- 28. Establish a communication channel with neighbors for mutual support - exchange numbers, ask them if they are leaving home, tell them when you leave**

## **Home Preparation:**

- 29. Insulate pipes to prevent freezing**
- 30. Seal drafts around windows and doors**
- 31. Ensure heating systems are in good working order**
- 32. Clean chimneys and flues - if you still have and use**
- 33. Be aware of emergency shut-off procedures for gas, water, and electricity**





## **Vehicle Readiness:**

- 34. Winter tires and chains**
- 35. Emergency car kit (blankets, flashlight, jumper cables, etc.)**
- 36. Keep the fuel tank at least half full**
- 37. Check antifreeze levels and ensure other fluids are topped off**

## **Weather Monitoring:**

- 38. Stay informed about weather forecasts**
- 39. Install a weather app on your phone**
- 40. Monitor local news and government alerts**

## **Health and Safety:**

- 41. Get a flu shot - wherever needed/ allowed**
- 42. Stock up on essential medications - do not stockpile**
- 43. Practice good hygiene to prevent the spread of illness**
- 44. Create a health emergency plan for family members**

## **Community Resources:**

- 45. Identify local emergency shelters and resources**
- 46. Join community preparedness programs or forums**





## **Emergency Finances:**

- 47. Keep some cash on hand**
- 48. Ensure access to online banking in case of outages**

## **Fire Safety:**

- 49. Check smoke and carbon monoxide detectors**
- 50. Review fire escape plans with family members**

## **Cold and Flu Preparedness:**

- 51. Stay Informed**
- 52. Be aware of flu symptoms and seek medical attention if necessary**
- 53. Follow public health guidelines and recommendations**
- 54. Stay informed about vaccine availability and updates**
- 55. Ensure you have a supply of over-the-counter cold and flu medications**
- 56. Stock up on tissues, cough drops, and other related supplies**
- 57. Maintain a well-stocked pantry with nourishing foods**

## **Quarantine and Isolation Plan:**

- 58. Have a plan in place if someone in your household becomes sick**
- 59. Designate a separate room and bathroom for the sick person**
- 60. Plan for food and supplies delivery if needed**





## **Telehealth Options:**

- 61. Familiarize yourself with telehealth services for remote medical consultations**
- 62. Ensure you have access to virtual pharmacy services**

## **Mental Health Support:**

- 63. Plan access to mental health resources/ support groups/ counsellors**

## **Travel Precautions:**

- 64. Be cautious about travel during severe weather conditions**
- 65. Check road conditions and travel advisories**

## **Educational Outreach:**

- 66. Attend/ conduct workshops or webinars on winter preparedness for your community**
- 67. Share informative content on social media platforms - use Daman's Thermometer (copyrighted concept) before consumption and sharing**

## **Global Perspective:**

- 68. Consider cultural variations in winter preparedness**
- 69. Research and integrate best practices from diverse regions**





## **Technology Integration:**

**70. Utilize smart home technology for monitoring and control during emergencies**

**71. Encourage the use of emergency apps for real-time information**

## **Training Programs:**

**72. Develop and conduct training programs for businesses and communities**

**73. Seek or offer consulting services for tailored emergency preparedness plans**

## **Documentation and Review:**

**74. Document your emergency preparedness plan**

**75. Regularly review, test, and update the plan based on feedback and changing circumstances**





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