

## **Winter Storm/Extreme Cold Tips**

### ***During a Winter Storm:***

- ➔ Listen to your radio (610 KVNU), television, or NOAA Weather Radio for weather reports and emergency information.
- ➔ Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- ➔ Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack – a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- ➔ Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- ➔ Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
- ➔ Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- ➔ Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- ➔ Drive only if it is absolutely necessary. If you must drive, consider the following:
  - Travel in the day, don't travel alone, and keep others informed of your schedule
  - Stay on the main roads; avoid back road shortcuts

### ***If a blizzard traps you in the car, keep these guidelines in mind:***

- ➔ Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or windows.
- ➔ Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far walk to in deep snow.
- ➔ Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open an upwind window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.
- ➔ Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket.
- ➔ Take turns sleeping. One person should be awake at all times to look for rescue crews.
- ➔ Drink fluids to avoid dehydration.
- ➔ Be careful not to waste battery power. Balance electrical energy needs—the use of lights, heat, and radio- with power supply.
- ➔ Turn on the inside light at night so work crews or rescuers can see you.
- ➔ If stranded in a remote area, stomp a large block letter in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.
- ➔ Leave the car and proceed on foot—if necessary—once the blizzard passes.

