

WINTER STORMS

Many people die or are injured each year as a result of winter storms. There are many heart attacks brought on by snow shoveling and prolonged exposure to winter weather. Conditions can bring about frostbite and other severe injuries, and even death. Certainly everyone is aware that thousands of traffic accidents occur each year directly related to icy driving conditions which kill and/or injure drivers, passengers and pedestrians.

Before you travel call for updates on road conditions (5-1-1).

WHEN YOU ARE STRANDED OUTDOORS IN A WINTER STORM, YOU SHOULD

- Use your cell phone (if you have one) to call 911 for help. Be prepared to describe your surroundings to rescuers.
- Find shelter; it's your highest priority and could save your life. Build a lean-to, some kind of windbreak or dig a snow cave.
- Cover all exposed areas of your skin and stay out of the wind as much as possible.
- Try to keep your clothing dry.
- Build a fire, if possible, both for heat and to attract attention from others.
- Never eat snow; it will lower your body temperature. Melt snow first to get a drink.

WHEN YOU ARE STRANDED IN A VEHICLE, YOU SHOULD

- Use your cell phone (if you have one) to try to call 911 for help. Be prepared to describe your surroundings to rescuers.
- Stay in your car. It's very easy to get disoriented and quickly get lost.
- Run the engine for 10 minutes each hour for heat.
- Open a window slightly for fresh air.
- Try to make yourself visible to rescuers. Turn on the dome light at night and/or raise the hood.
- Try to move around periodically to raise your body temperature and keep your blood circulating.

WHEN YOU ARE STRANDED AT HOME OR IN A BUILDING, YOU SHOULD

- Use a phone or cell phone (if available) to call 911 for help.
- Stay inside and make sure you properly ventilate when using a wood stove or replace as a heat source.
- If you have no heat source, close off unused rooms, stuff towels in the cracks under the doors and cover the windows at night. Eat and drink; food is important for body energy and heat production and your body needs to be replenished with to prevent dehydration.

Remember, anytime you are stranded by winter weather, don't panic; try to stay out of the weather if at all possible, stay dry and stay in one location until help arrives. By following these common sense rules, you give yourself the best chance of survival and rescue.

EMERGENCY CAR KIT

- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Blanket
- Fire extinguisher (5lb. A-B-C type)
- First-aid kit and manual
- Bottled water and non-perishable, high-energy foods such as granola bars, raisins and peanut butter
- Maps
- Shovel
- Tire repair kit and pump
- Flares