

## **PROTECTING YOURSELF DURING COLD WEATHER:**

(Adapted from FEMA/NOAA/American Red Cross Winter Storm Bulletin)

### **Stay home if possible:**

- Keep a battery-powered radio with extra batteries for news and official broadcasts.
- Store food that can be prepared without an electric or gas stove.
- Stock emergency water and cooking supplies.
- Have flashlights, battery powered lamps and extra batteries in case of a power outage.
- If you have a wood stove or fireplace, store a good supply of dry, seasoned wood.
- Keep fire extinguishers on hand and make sure your family knows how to use them.
- Keep in touch with elderly neighbors or family.

### **If you must go out:**

- Wear layers of thin clothing rather than single layers of thick clothing.
- Avoid overexertion. Cold weather puts an added strain on the heart. If you add unaccustomed exercise, such as shoveling snow or pushing a car, you may risk heart attack or stroke, pace yourself and accept help.
- Mittens are warmer than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth with scarves to protect your lungs from directly inhaling the extremely cold air.

### **Winter driving tips:**

- If you must travel, take public transportation whenever possible. If you must use a car, take winter driving seriously. Travel by daylight and keep others informed of your schedule. Take your cell phone. Drive with extreme caution. Never try to save time by driving fast or using back road shortcuts.
- Make sure your car has a full tank of gas and is equipped with chains or snow tires. Keep your car winterized with antifreeze. Make sure your windshield wipers are working properly and that there is windshield washer fluid. Carry a “winter car kit” that includes a windshield scraper, flashlight, tow chain or rope, shovel, tire chains, a blanket, a bag of sand or salt, a fluorescent distress flag and an emergency flair in case you are trapped in a winter storm. Keep extra outerwear and pre-packaged food in the car.

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