

Winter Storms and Extreme Cold



Before a storm comes, have extra blankets on hand and ensure that each member of your household has a warm coat, gloves or mittens, a warm hat and warm, water-resistant boots.



During a storm, avoid going outside. If you must, wear several layers of lightweight clothing—this will keep you warmer than a single heavy coat.



Cover your mouth to protect your lungs from cold air and debris.

You should **avoid traveling by car** in a storm, but **if you must:**

- Carry an emergency preparedness kit in your car.
- Keep your car's gas tank full.
- Let someone know your destination, route and estimated time of arrival.



If you become stranded in a vehicle...



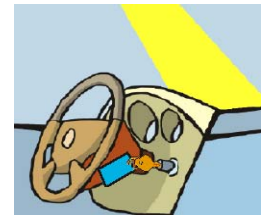
Stay with your car. Do not try to walk to safety. Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.

- Start the car and run the heater for about 10 minutes every hour.



- Keep one window (away from the wind) slightly open to let air in.

- Leave the overhead light on when the engine is running so that you can be seen.



- As you sit, move your arms and legs to keep blood circulating and to stay warm.



If you shovel snow after the storm, be careful not to overexert yourself. Strenuous activity in cold weather can put a strain on your heart.

Remember: If you must go out during a storm, wear several layers of lightweight clothing. They will keep you warmer than one heavy coat.



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