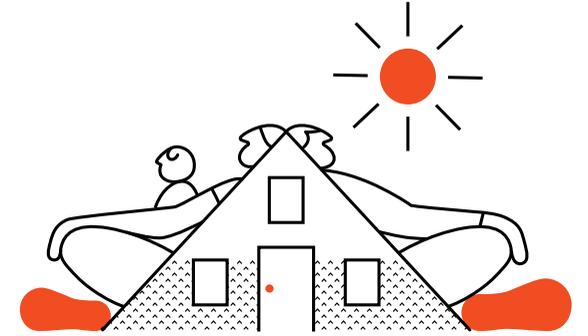


WINTER STORMS

Powerful and cold, major blizzards and winter storms can cause serious damage. Here are a few important tips to stay safe and ready in the event of a winter emergency.



1 PREPARE

- Take precautionary measures to protect your pipes from freezing.
- Keep a supply of non-clumping kitty litter or sidewalk salt to make walkways and steps less slippery.
- Always have a full tank in your car so you can leave right away in case of emergency. This will also prevent the fuel line from freezing.
- Consider buying emergency heating equipment, such as a wood- or coal-burning stove, or an electric or kerosene heater.
- Check your vehicle emergency supplies kit and replenish it if necessary.

2 DURING

- Stay indoors and wear warm clothes. Layers of loose-fitting, lightweight, warm clothing will keep you warmer than bulkier sweaters.
- Listen to a local station on battery-powered radio or television or to a NOAA radio broadcast for updated emergency information.
- Conserve fuel; winter storms can last for several days, placing great demand on electric, gas, and other fuel distribution systems (fuel oil, propane, etc.).
- Lower the thermostat to 65° F (18° C) during the day and to 55° F (13° C) at night. Close off unused rooms, and stuff towels or rags in cracks under the doors.
- Cover the windows at night.
- If outdoors, wear proper clothing. Keep dry; change wet clothing frequently to prevent a loss of body heat. Watch for signs of hypothermia and frostbite.
- Cover your mouth to protect your lungs from severely cold air. Avoid taking deep breaths and minimize talking.
- Keep the body replenished with fluids to prevent dehydration. Drink liquids such as warm broth or juice. Avoid caffeine and alcohol.
- Eat regularly; food provides the body with energy for producing its own heat.

3 AFTER

- Continue listening to local news or a radio for updated information and instructions.
- Avoid driving and other travel until conditions have improved.
- Avoid overexertion; heart attacks from shoveling heavy snow are a leading cause of death during the winter.
- If you are using a portable generator, take precautions against carbon monoxide poisoning, electrocution, and fire.

Fast Facts



A blizzard can have winds of more than 35 mph and visibility of less than 1/4 mile for more than 3 hours.



Even if you're stuck outdoors, don't eat snow! It will only make you colder.