

WINTER SAFETY TIPS

The Office of Fire & Emergency Services advises that a winter storm can be very dangerous. Preparing for and responding to all types of cold weather conditions can reduce the dangers caused by winter storms.

TERMS TO KNOW

Winter Storm Watch - Indicates severe winter weather may affect your area.

Winter Storm Warning – Severe winter weather conditions are definitely on the way.

Blizzard Warning – Large amount of falling or blowing snow, winds of at least 34 miles per hour are expected to last for several hours.

Wind Chill - By definition, life-threatening wind chill conditions occur whenever the combination of wind speed and air temperature combine to produce wind-chills of minus 30°F or lower. This is the temperature at which exposed skin would suffer frostbite within a short period of time.

Listen to the Local Emergency Alert System Stations for Updates

BEFORE THE STORMS STRIKES

- Be familiar with storm warning signals.
- Service snow removal equipment. Use rock salt to melt ice on walkways, and kitty litter or sand to temporarily generate traction.
- Winterize your home.
- Maintain a surplus of heating fuel.
- Have some type of safe, emergency heating equipment available.
- Install and check smoke detectors.
- Keep pipes from freezing.
- Have adequate winter supplies on hand.

WINTER HEALTH HAZARDS

FROSTBITE is a severe reaction to cold exposure that can permanently damage its victims. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, nose and/or ear lobes.

HYPOTHERMIA is brought on when the body core temperature drops below normal. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling and drowsiness.

If frostbite or hypothermia is suspected, slowly warm the victim and seek immediate medical assistance. Never give frostbite or hypothermia victim sedatives or alcohol.



ED DAY
County Executive

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WINTER EMERGENCY SUPPLIES

- One-week supply of food (include items that do not require refrigeration or cooking in case the power is turned off).
- Flashlight and extra batteries.
- Portable can opener.
- Portable battery-operated radio and extra batteries.
- One week supply of essential prescription medications.
- Extra blankets and sleeping bags.
- First Aid Kit.
- Fire Extinguisher.

IF TRAPPED IN A CAR DURING A BLIZZARD

STAY IN THE CAR – DO NOT leave the vehicle to search for assistance unless assistance is visible within 100 feet. You can become disoriented and lost in blowing snow.

AVOID OVEREXERTION – Cold weather puts an added strain on the heart. Shoveling snow or pushing a car can cause a heart attack.

DISPLAY A TROUBLE SIGN – Hang a brightly colored cloth on the radio antenna, raise the hood and turn on flashing hazard lights. At night, use the dome light.

OCCASIONALLY RUN THE ENGINE TO KEEP WARM
Run the heater sparingly. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open window down wind for ventilation.

DO MINOR EXERCISES TO KEEP UP CIRCULATION
Clap hands, move arms and legs. Try not to stay in one position too long.

IF MORE THEN ONE PERSON IS IN THE CAR – take turns sleeping and huddle together for warmth.

WINTER CAR KIT

- Several blankets, sleeping bags
- Newspapers for insulation
- Two empty coffee cans for sanitation and burn candle in)
- Matches and candles
- Flashlight and extra batteries
- Extra set of mittens, socks and wool cap
- First Aid Kit with pocket knife
- Small sack of sand to generate traction
- Small shovel, pliers, wrench, screwdriver
- Windshield scraper and a small broom
- Booster cables
- Set of tire chains
- Distress flares
- Cards, games and puzzles
- Brightly colored cloth to use as a flag



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