



## Winter Weather Safety

### Are You Ready for a Winter Storm?

#### Prepare a winter storm plan

- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.
- Assemble a disaster supplies kit containing-
  - First aid kit and essential medications.
  - Battery-powered NOM Weather Radio and portable radio, flashlight, and extra batteries.
  - Canned food and nonelectric can opener.
  - Bottled water.
- Have your car winterized before winter storm season.
- Assemble a disaster supplies kit for your car.

#### Stay tuned for storm warnings

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information
- Know what winter storm WATCHES and WARNINGS mean:
  - A winter storm WATCH means a winter storm is possible in your area.
  - A winter storm WARNING means a winter storm is headed for your area.
  - A blizzard WARNING means strong winds, blinding wind-driven snow, and dangerous wind chill are expected. Seek shelter immediately!

#### When a winter storm WATCH is issued...

- Listen to NOAA Weather Radio, local radio and TV stations, or cable TV such as The Weather Channel for further updates.
- Be alert to changing weather conditions.
- Avoid unnecessary travel.

#### When a winter storm WARNING is issued...

- Stay indoors during the storm.
- If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.
- Understand that hazards of wind chill, which combines the cooling effect of wind and cold temperature on exposed skin. As the wind increases, heat is carried away from a person's body at an accelerated rate, driving down the body temperature.
- Walk carefully on snowy, icy sidewalks.
- After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion.

#### Avoid traveling by car in a storm, but if you must...

- Have emergency supplies in the trunk.
- Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.

#### If you do get stuck...

- 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 use the heater for about 10 minutes every hour. Keep the exhaust pipe clear so fumes won't back up into the car.
- Leave the overhead light on when the engine is running so that you can be seen.
- As you sit, keep moving your arms and legs to keep blood circulating and to stay warm.
- Keep one window away from the blowing wind slightly open to let in air.



© Copyright, 2008 Fayette County, Iowa

Please report problems to the [webmaster](#)

ALL RIGHTS RESERVED