



TM

Winter Weather Safety

Winter can be lots of fun. It can also be very dangerous. Think safety.

Know About Winter Hazards in Advance

LISTEN

- * To your NOAA Weather Radio All Hazards
 - * Freezing Rain
 - * Sleet
 - * Winter Storm
 - * Blizzard
 - * Frost/Freeze



- * Frostbite
- * Hypothermia

Dress for the Weather: Always Have Winter Gear

WINTER COLD CAN KILL — Never leave home without a coat, hat, mittens & boots.



In Extreme Cold

- * Avoid going outdoors.
- * Cover all exposed skin.
- * Cover your mouth with a scarf to protect your lungs.
- * Keep dry.
- * Know the signs of frostbite & hypothermia.

If You Are Stranded in a Car

- * Call 9-1-1.
- * Stay with your vehicle so rescuers can find you.
- * Hang a brightly colored "flag" from your radio antenna.
- * Bundle up in your **winter gear**.
- * Huddle close to other passengers, covering up with a **blanket** or **sleeping bag**.
- * Exercise to stay warm.
- * Run the engine & heater about 10 minutes each hour to keep warm. But you must open a downwind window slightly for ventilation.
- * Drink **fluids** and eat high energy **snacks**.
- * At night, turn on the inside light so rescuers can see you.
- * Take turns sleeping. One person should be awake to look for rescue crews.



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CHECK OFF THE ITEMS THAT BELONG IN A WINTER EMERGENCY CAR KIT.

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|--------------------------|----------------------|------------------------------|
| ◇ shovel | ◇ cell phone | ◇ alert "flag" |
| ◇ water | ◇ sand or cat litter | ◇ jumper cable |
| ◇ DVD player | ◇ make-up | ◇ photo album |
| ◇ sports gear | ◇ ice skates | ◇ extra hats, socks, mittens |
| ◇ flashlight & batteries | ◇ snack food | |
| ◇ blankets | ◇ scraper | |

Keep Vehicle Windows Clear



When there is snow outside, bundle up in lots of layers of clothing and wear a hat. Ask an adult if it's okay to play outside — and come inside often for "warm-up" breaks.



Frostbite

- ❄ Damage to body tissue caused by extreme cold.
- ❄ A wind chill of -20° can cause frostbite in just 15 minutes or less.
- ❄ Causes a loss of feeling and a white or pale appearance in fingers, toes, ear tips or the tip of the nose.
- ❄ Get medical help IMMEDIATELY.

Hypothermia

- ❄ A condition that develops when the body temperature drops below 95° .
- ❄ It is very deadly.
- ❄ Warning signs include uncontrollable shivering, disorientation, slurred speech and drowsiness.
- ❄ Get medical help IMMEDIATELY.