



## WINTER STORM SAFETY

A major winter storm can last for several days and be accompanied with high winds, freezing rain, sleet, heavy snowfall and cold temperatures. Winter storms can make driving and walking extremely hazardous. Always listen to the radio and television for the latest information and instructions for your area.

### BEFORE A WINTER STORM:

- Have a disaster plan.
- Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing, and blankets.
- Be aware of changing weather.

### DURING A WINTER STORM:

- Stay indoors and dress warmly.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Drink water. Also, drink warm broth and juices.
- If you must go outside, wear layered clothing, mittens and a hat.
- Watch for signs of hypothermia and frostbite.
- Keep dry. Change wet clothing to prevent the loss of body heat.
- If you must drive, carry a cell phone.
- Keep the gas tank full.
- Let someone know where you're going, just in case your car gets stuck.
- If you're car gets stuck, stay with it and wait for help unless help is visible within 100 yards. Use maps and car mats to stay warm.

### AFTER A WINTER STORM:

- Avoid driving until conditions have improved.
- Avoid overexertion. For older people, heart attacks from shoveling snow are very common during the winter.
- Check on neighbors to make sure they're okay.

**Source:** <http://www.weatherwizkids.com/weather-safety-winter-storm.htm>

*Weather Wiz Kids is a site created by meteorologist Crystal Wicker to help young people learn and explore the world of weather*