

## WINTER STORMS

### 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.

### 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 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 the hazards of wind chill, which combines the cooling effect of wind and cold temperatures 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...
- Carry a Disaster Supplies Kit 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

### Assemble a Disaster Supplies Kit Containing

- First aid kit and essential medications.
- Battery-powered NOAA Weather radio, flashlight, and extra batteries.
- Canned food and can opener.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.

### 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.

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 in 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.

#### Stay Tuned for Storm Warnings

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information.