

Prepare...



Because  
You Care

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## Winter Storms

A winter storm can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The aftermath of a winter storm can impact a community or region for days, weeks, and even months. The time to prepare for a winter storm is before the snow and ice begin to fall.

### Before

- Know the terms used by weather forecasters. A "winter storm watch" indicates that severe winter weather may affect your area and now is the time to prepare. A "winter storm warning" indicates that severe winter weather conditions are definitely on the way. A "blizzard warning" means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.
- Consider purchasing a battery-powered NOAA (National Oceanic and Atmospheric Administration) weather radio and stock extra batteries.
- Keep rock salt to melt ice on walkways and sand to improve traction.
- Make sure you have an alternate heat source and a supply of fuel.
- Install storm windows or cover windows with plastic.
- Insulate walls and attics.
- Caulk and weather-strip doors and windows.
- Keep your car "winterized" with fresh antifreeze. Use snow tires.
- Keep a winter car kit in the trunk of your car.

### During

- Listen to NOAA Weather Radio or local radio or television for weather reports and emergency information.
- Wear several layers of loose-fitting, light-weight, warm clothing rather than one layer of heavy clothing.
- Wear mittens instead of gloves.
- Wear a hat. Most body heat is lost through the top of the head.
- Avoid overexertion.
- Watch for signs of frostbite and hypothermia. If symptoms are detected, get medical help immediately. Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite. Hypothermia is a condition brought

*More information on other side -*

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*For more information, contact your  
local emergency management office  
list at right, or call the state's  
Emergency Management office  
(800) 562-6108*

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on when the body's core temperature is less than 35 degrees Celcius. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion. If frostbite or hypothermia is suspected, begin warming the person slowly. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last since stimulation of the arms and legs can drive blood to the heart and lead to heart failure. Never give a frostbite or hypothermia victim something with caffeine or alcohol in it. Caffeine can cause the heart to beat faster and hasten the effects cold has on the body. Alcohol can slow the heart and also hasten ill effects of cold body temperature.

- Conserve fuel by keeping your house cooler than normal.
- Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- If caught in your car during a blizzard or winter storm, REMAIN in your vehicle and wait to be found.