

WHAT TO DO WHEN YOU ARE CAUGHT IN A WINTER STORM

Winter storms are considered *deceptive killers*.... most deaths are indirectly related to the storm.

- People die in traffic accidents on icy roads.
- People die of a heart attack while shoveling snow.
- People die of hypothermia from prolonged exposure to cold.

AVOID OVEREXERTION, such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

When Caught in a Winter Storm...

Outside

- Find shelter
- Try to stay dry
- Cover all exposed parts of the body
- Prepare a lean-to, windbreak or snow cave for protection from the wind and cold
- Build a fire for heat and to attract attention
- Place rocks around the fire to absorb and reflect heat
- Do not eat snow, snow will lower your body temperature

In a Car or Truck

- Stay in your car or truck
- Disorientation occurs quickly in wind-driven snow and cold
- Run the motor about ten to fifteen minutes each hour for heat
- Open the window a little for fresh air to avoid carbon monoxide poisoning
- Make sure your exhaust pipe is not blocked
- Make yourself visible to rescuers
 - Turn on your dome light at night when you run your engine
 - Tie a colored cloth (preferably red) to your antenna or door
 - Raise the hood indicating trouble after the snow stops falling
 - Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm

At Home or in a Building

- **Stay inside**
- **When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and proper ventilation**
- **Close off unneeded rooms**
- **Stuff towels and rags in cracks and under doors to keep the heat in**
- **Cover windows at night to keep heat in**
- **Eat and drink. Food provides the body with energy for producing its own heat**
- **Keep the body replenished with fluids to prevent dehydration**
- **Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill**