

What To Do During A Winter Storm

- Stay indoors during the storm
- Walk carefully on snowy, icy walkways
- Avoid overexertion when shoveling snow; overexertion can bring on a heart attack — a major cause of death in the winter
- If you must shovel snow, stretch before going outside
- Keep dry and change wet clothing frequently to prevent a loss of body heat (wet clothing loses all of its insulating value and transmits heat rapidly)
- Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes and the tip of the nose. If symptoms are detected, get medical help immediately
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible
- Drive only if it is absolutely necessary. If you must drive: travel in the day, don't travel alone, keep others informed of your schedule, stay on main roads and avoid back road shortcuts
- 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 route
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F