

Winter Storms

Cold winter storms can sometimes strike when you least expect it. It is best to take the necessary precautions in preparing for one, as well as how to react in case you get stuck.



Before a Storm

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a car winter survival kit. Include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins) first aid kit, flashlights, extra clothing, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of saw and paper and pen to leave a note in case you evacuate your car.
- Keep car tank about half full.

During and After the Storm

- At home – stay in your house. Use your Emergency Supplies Kit. Avoid travel.
- Dress warmly, Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it!
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

If Trapped in Your Car

- Stay in your car for visibility and warmth. Do not try and walk out.
- Use a candle for warmth. Run the motor for only 10 minutes each hour for heat with rear window open slightly for ventilation. Make sure the exhaust pipe is not blocked.
- Change positions frequently.
- Stay alert. Do not let all occupants of the car sleep at once.