


Severe Winter Weather Preparedness

1. Store some kind of emergency heating equipment and fuel in a safe place (not in your house) so you can keep at least one room in your house warm.
 2. Keep a supply of medicine and emergency food in case you cannot leave your home for several days.
 3. Keep a blanket and flashlight in your vehicle during winter months.
 4. If trapped in your vehicle, stay there, unless help is visible within 100 yards.
 5. Turn the vehicle's engine on for about 10 minutes every hour to keep warm.
 6. Symptoms of frostbite include a loss of feeling and white appearance in your fingers, toes, nose, and earlobes.
 7. Symptoms of hypothermia include an uncontrollable shivering, slow or slurred speech,
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memory lapses, frequent stumbling, and drowsiness.

8. If symptoms of frostbite or hypothermia exist, medical attention should be sought immediately.

