

Winter Weather Precautions

When winter weather is headed your way be prepared for the cold and snow! Keeping yourself safe and warm is key to making it through a winter storm or weather event. Here are a few safety tips to help you when the next winter storm heads your way!

Winter Road Conditions

If you must drive in winter weather conditions slow down and be prepared before you get on the road:

- Check for travel advisories and road conditions before leaving.
- Make sure you have an emergency kit in your car should you get stuck or have an accident.
- Slow down. Posted speed limits are designed for dry, ideal road conditions.
- Allow for increased stopping time, wear your seatbelt, and keep your full attention on the road.



Keeping your buildings safe

- Drip faucets and open any under-sink cabinets to prevent frozen/bursting pipes
- If you have exposed pipes, consider wrapping them in heat tape to prevent freezing and bursting.
- Have an emergency kit, spare blankets and extra non-perishable food supplies prepared should you lose power.
- If you operate a generator as a back-up power supply, do not operate indoors. Place the generator outside and away from entrances to the building to avoid Carbon Monoxide poisoning.

Be prepared before going outside

When you go outside take precautions to reduce exposure:

- Wear multiple layers of loose-fitting, light weight, and warm clothing.
- Wear hats that cover as much of your head as possible, gloves or mittens with snug wrists, and use a scarf to cover as much of your face as possible. Use the scarf to cover your mouth, protecting your lungs from extreme cold.

Know the signs of exposure related illnesses and recognize when it's time to get back inside or seek help!

Frostbite:

When the skin on your extremities (fingers, hands, toes, feet, nose, and ears) begins to freeze from exposure to cold weather. If your skin gets red or sore, seek warm shelter quickly.

If your skin is turning pale yellow or white or your skin begins to itch or feel like pins and needles seek medical treatment right away.

Hypothermia:

When you've been outside for an extended amount of time and your body can no longer produce enough heat to keep you warm. If you or someone else is shivering, slurring speech, has slow & shallow breathing, seems clumsy, very tired, or exhibiting confusion gently move them to a warmer location and wait for medical help to arrive.