



## Seasonal CRD Preparedness Tips

### January: Extreme Weather Preparedness

As winter storms are becoming more prevalent within this season, there is higher risk for car accidents and extreme cold. Blizzards can bring extreme temperatures, high winds, and freezing rain/snow. See the following tips to stay safe in this winter season:

#### 1. Learn the types of winter storms

##### Winter Weather Advisory:

- Issued during snow, freezing rain, freezing drizzle, and sleet

Could lead to life-threatening situations if ignored

##### Winter Storm Watch:

- Are usually issued 12 to 48 hours before the beginning of a Winter Storm
- Issued for: blizzard, heavy snow, heavy freezing rain, or heavy sleet

##### Winter Storm Warning:

- Issued typically 12 to 24 hours before the event is expected
- Issued for: heavy snow, heavy freezing rain, or heavy sleet



#### 2. Practice car safety during winter storms

##### Stay off roads if at all possible

If you must go out, then let someone know your route and times

##### *If your car skids:*

Remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go

##### *If trapped in your car, then stay inside:*

Run the motor about 10 minutes each hour for heat. While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning. Be visible to rescuers by turning on your dome light at night, tie a bright colored cloth to your antenna/door, and raise your hood (after snow stops)

#### 3. How to handle extreme temperatures

**Limit your time outside:** If you need to go outside, then wear layers of warm clothing and watch for frostbite and hypothermia

**Frostbite:** causes loss of feeling and color around the face, fingers and toes

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak the area in warm water, use body heat to warm, and do not massage or use a heating pad.

**Hypothermia:** An unusually low body temperature. A body temperature below 95 degrees is an emergency

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first (chest, neck, head and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

##### **Reduce the risk of a heart attack:**

- Avoid overexertion when shoveling snow and walking in the snow
- Passing out in the snow (without help) is deadly

#### Sources:

- <https://www.ready.gov/winter-weather>
- <https://www.weather.gov/safety/winter-during>
- <https://canva.com>