



## **During Winter Storms & Extreme Cold**

- Stay indoors during the storm.
- Walk carefully on wet or icy walkways.
- Keep dry. 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. These include 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. These include 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.
- In severe storms, drive only if it is absolutely necessary. Click on the Travel Tips tab for safety tips if driving cannot be avoided during severe storms.
- Dress for the weather.
  - If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
  - Wear gloves or mittens when necessary.
  - Wear a hat. A hat will prevent loss of body heat.
  - Cover your mouth with a scarf to protect your lungs.