

## WINTER TRAVEL

Winter storms and blizzards can be deadly if you are caught in, or venture out into them. Here are a few things you should know if you are out in heavy snow and cold.

- Pay attention to weather advisories to avoid being caught in a blizzard or storm.
- Winterize your car.
- Always dress according to the weather. Layered clothing is best for cold winter weather.
- For winter travel, try to keep your gas tank as close to full as possible.
- If possible, let someone know that you are traveling and your route of travel. That way if you become stranded someone will know that you are missing and about where you might be.
- If stranded in a snow storm, for heat let the engine run 10 minutes out of each hour.
- Keep a blanket in your car, along with a first aid kit, flashlight, some non-perishable food, water, matches for melting snow for drinking, a map and a compass.
- If you become stranded, tie a colored cloth to your antenna to indicate trouble.
- Try to flex muscles and move extremities to improve circulation, which will help to keep you warm.
- Leave your car only as a last resort. It is easy to become disoriented and lost in heavy or blowing snow.
- If out in the snow and cold, cover as much of your skin as possible.
- Stay dry.
- If you have a cell phone, make sure to keep it with you and charged, and try to drive in areas where you have service. Make sure to have the number of the police.

Also available in the personal and family preparedness series is:

### **Booklet:**

A Guide to Preparedness

### **Pamphlet:**

A Personal and Family Preparedness Plan

### **Brochures:**

Preparing for a Winter Storm

Preparing for a Fire

Preparing for a Flood

Preparing for a Tornado

First Aid Kits

Supplies: A Guide to Having What You May Need

Before and After a Disaster: Things to Think About

Bird Flu: What You Should Know

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# Preparing for a WINTER STORM



*Courtesy of the*



## SUPPLIES

Every homeowner should be prepared for the possibility that a major winter storm could isolate you from outside help and require you to be self-sufficient for an extended period of time.

- Plenty of dry blankets, sleeping bags and winter clothing items such as gloves, hats and coats.
- The home should be stocked with at least a few days supply of non-perishable foods and water. (A non-electric can opener is a good idea.)
- A battery powered radio.
- Flashlights (or other battery powered light sources).
- Extra batteries.
- A well-stocked first aid kit (band aids, bandages, medical tape, antibacterial soap, pain relievers, thermometer, anti-septic, scissors and safety pins).
- Some members of the household may require daily medication. An extra supply of these should be on-hand.
- Items for babies or infants, such as extra formula and diapers.
- Matches or lighters.
- Fire Extinguisher.
- Emergency contact numbers for police and fire.

## IN THE HOME

Sometimes the small things can save lives. Here are some things to know in the event that a winter storm traps you in your home and causes the loss of heat and electricity.

- Pay attention to the weather forecasts so that you are not caught off-guard. If you wait until the last minute to try and stock up, you may be left out.
- Cover cracks around doors and windows.
- Close off unused rooms.
- Upstairs or basement may be warmer than the ground floor.
- Stay inside and avoid travel outside of the home.
- Move around to improve circulation and warmth.
- Eat and drink, this helps the body produce heat.
- At least one house phone should be non-electric.
- Conserve fuel supplies.
- Dress warmly even if you are indoors.
- Do not open and close doors or windows: This allows heat to escape and cold into the home.
- Avoid open flames in the home.
- Pay attention to children and make sure they are dressed warmly and not being adversely affected by the cold.
- Allow faucets to drip slowly in an effort to prevent freezing of pipes.

## USING ALTERNATE HEAT

If the electricity goes out or the gas to your home is shut off, you may be forced to use alternate heat. Here are a few things to remember if using a space heater or fireplace.

- Pay attention to the safety tips that are offered by the manufacturer of the space heater you are using.
- Just about any heat source will need ventilation. Do not close your family up in a room with a space heater. Burning fossil fuels produces carbon monoxide and other harmful fumes.
- Heaters that operate via electricity can also be dangerous. Heaters that get too close to curtains, furniture or clothing can easily start a fire. Heaters should be kept at least three feet from flammable materials.
- Keep children away from heat sources. Children can be injured by the hot surfaces and could start a fire if they knocked the heater over.
- If using a fireplace, make sure dampers are open and drafting correctly. Also, be aware of the potential for hot embers, which could start a fire if they fall out of the fireplace.
- Never allow a person to sleep unattended in a room with a kerosene or other heater that may emit fumes.
- Make sure to follow manufacturers instructions when turning space heaters on or off.