

# Winter Weather Safety Tips

## WINTER STORM SAFETY

### At Home and Work Have Available:

- Flashlight and extra batteries.
- Battery-powered NOAA weather radio and commercial radio.
- Extra food and water. High energy food or food that requires no cooking is best.
- First-aid supplies.
- Emergency heating source, such as a fireplace or UL approved space heater (make sure you have proper ventilation).

### In Vehicles:

- Plan your travel and check the latest weather reports to try to avoid winter storms.
- Check and winterize your vehicle before the winter season begins.
- Carry a winter storm survival kit that includes: blankets/sleeping bags, flashlight with extra batteries, first-aid kit, knife, high-calorie non-perishable food, extra clothing to keep dry, sand or kitty litter, shovel, windshield scraper and brush, tool kit and booster cables.
- Keep your gas tank near full to avoid ice in the tank and fuel lines.

### Dress for the Weather:

- Wear loose-fitting, lightweight, warm clothing in several layers. Trapped air insulates. Layers can be removed to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded.
- Wear a hat. Half your body heat loss can be from the head.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, sung at the wrist, are better than gloves.
- Try to stay dry.



### Avoid Overexertion:

- Use caution when shoveling heavy snow, pushing a car, or walking in deep snow.
- The strain from the cold and the hard labor may cause a heart attack.
- Sweating could lead to chills and hypothermia.

## WINTER STORM INFORMATION

- Frostbite is damage to body tissue caused by freezing of the tissue. Frostbite causes a loss of feeling and white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.
- If symptoms of frostbite are detected, get medical help immediately. If you must wait for help, slowly re-warm the affected areas.
- Hypothermia occurs when the body temperature drops too low. Warning signs include uncontrollable shivering, memory loss, disorientation, slurred speech, drowsiness, and apparent exhaustion.
- If a person's temperature is below 95° F, seek medical care immediately. **If medical care is not available**, begin warming the person slowly. Get the person into dry clothing and wrap them in a warm blanket, covering the head and neck. *Do not* give the person hot beverages or food, warm broth is better. *Do not* warm the extremities (arms and legs) first as this drives the cold blood towards the heart and can lead to heart failure.



City of Bothell™

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