

# Winter Storms

## PROCEDURES

Winter storms create dangerous situations for people traveling and walking outside, but blizzards also pose risks to people who are in the relative safety of their Practice location. There are preventive measures you can take to promote safety during dangerous winter weather.



### **Winter Storm Watches and Warnings:**

When winter storm "watches" and "warnings" are issued, stay tuned to local radio and television stations for further information. Be alert to the changing weather conditions around you and try to avoid traveling unless necessary.

If you know the terminology used by weather forecasters, you will better understand what kind of winter weather is headed your way:

"Frost warnings" and "freeze warnings" mean that temperatures are expected to drop below freezing, or 32 degrees Fahrenheit.	The phrase "winter weather advisory" means that fresh snow, blowing snow, sleet or ice are expected to cause hazardous conditions, particularly for motorists.	A "winter storm watch" means that a storm is possible in your area.
A "winter storm warning" means a storm is currently, or will soon be, occurring in your area.	A "blizzard warning" means that strong winds and snowfall are expected to cause low visibility, deep snowdrifts, and life-threatening wind chill temperatures. If you are outside, you should seek shelter immediately.	

# CHECKLIST

# DURING AND AFTER A WINTER STORM

DURING THE WINTER STORM	YES	NO	N/A
Use battery-powered lights and flashlights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prevent carbon monoxide poisoning. Carbon monoxide poisoning is common during power outages when people use other means to heat and cook. You can prevent carbon monoxide poisoning. <ul style="list-style-type: none"> <li>Carbon monoxide kills. If you start to feel sick, dizzy, or weak, get to fresh air right away - do not delay.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First Aid: Act Fast if You See Signs of Frostbite or Hypothermia Frostbite is when a part of your body freezes. Your nose, ears, cheeks, chin, fingers, and toes often are the first affected. People may experience pain, numbness, and a change of skin color. <ul style="list-style-type: none"> <li>What to do for frostbite: Move to a warm place. Warm the affected area gently by soaking in warm water (NOT hot) until the skin appears normal and feels warm. Seek emergency medical care.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypothermia can kill you. It occurs when your body loses heat faster than it can produce heat. This causes a dangerously low body temperature. Older adults, babies, children, and people with certain health conditions are more at risk. <ul style="list-style-type: none"> <li>Shivering is one of the first signs of hypothermia; other signs include confusion, drowsiness, and slurred speech.</li> <li>What to do for hypothermia: Seek emergency medical care right away. Move to a warm place. Remove any wet clothing and warm the body slowly.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AFTER THE WINTER STORM	YES	NO	N/A
Stay Safe - If you need to go outside, use extreme caution when driving or walking on ice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid damaged or fallen power lines. They can electrocute you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be aware of branches, trees, and ice that may fall.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For more information, visit [redcross.org/prepare](http://redcross.org/prepare)

You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text 1-800-985-5990.