



A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall, and cold temperatures. People can become trapped at home, without utilities or other services. Heavy snowfall and blizzards can trap motorists in their cars. Attempting to walk for help in a blizzard can be a deadly decision.

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ground. Sleet usually bounces when hitting a surface and does not stick to objects; however, it can accumulate like snow and cause a hazard to motorists. Freezing rain is rain that falls onto a surface with a temperature below freezing; this causes it to freeze to surfaces, such as trees, cars, and roads, forming a glaze of ice. Even small accumulations of ice can cause a significant hazard. An ice storm occurs when freezing rain falls and freezes immediately on impact; communications and power can be disrupted for days, and even small accumulations of ice may cause extreme hazards to motorists and pedestrians.

Learn about winter storm risk in your area. Contact your local emergency management office, National Weather Service office, or American Red Cross chapter for more information.

Awareness Information

Know what winter storm and blizzard WATCHES and WARNINGS mean.

hypothermia. Also, it is easy to become disoriented in blowing snow.

- If you go outside to play after a snowstorm, dress in many layers and wear a hat and mittens. Many layers of thin clothing are warmer than single layers of thick clothing. One of the best ways to stay warm-0.to wear a hat; m2st body heat is l2st through the top of the head. Keep hands and feet warmtoo. Mittens are warmer than gloves. Covering the mouth with a scarf protects lungs from extremely cold air.
- Come inside often for warm-up
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- Listen to a battery-powered radio or television for updated emergency information. If the power goes out, you will still have access to important information.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Keep the body replenished with fluids to prevent dehydration. Drink liquids such as warm broth or juices. Avoid caffeine and alcohol. Caffeine, a stimulant, accelerates the symptoms of hypothermia. Alcohol, such as brandy, is a depressant and hastens the effects of cold on the body. Alcohol also slows circulation and can make you less aware of the effects of cold. Both caffeine and alcohol can cause dehydration.
- Conserve fuel. Winter storms can last for several days. Great demand

- Keep a window that is away f