

Winter Storm Safety

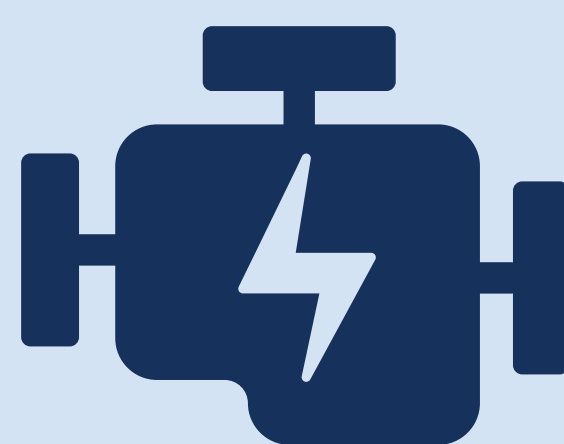


Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

What To Do



Stay indoors.



Use generators outside only.



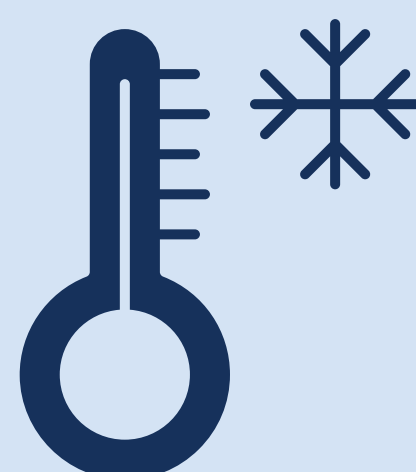
Dress warmly.



Check on neighbors.



Prepare for power outages.



Know the signs of hypothermia and frostbite.

Cold Related Illnesses

When exposed to the cold, your body can lose heat faster than it can be produced. This can lead to cold-related illness or even death.

Frostbite

Frostbite is the skin's reaction to prolonged exposure to cold temperatures. Frostbite can cause permanent damage and severe cases can lead to amputation.

Symptoms: Numbness, white or grayish-yellow skin, and firm or waxy skin.

Actions: Go to a warm room. Soak in warm water. Use body heat to warm. **Do not** massage or use a heating pad.

Hypothermia

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency. Symptoms can vary depending on exposure.

Symptoms: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.

Actions: Go to a warm room. Warm the center of the body first- chest, neck, head, and groin. Keep dry and wrapped in warm blankets, including the head and neck.

Elderly, infants and young children, low-income individuals, and people who work outdoors are at greater risk for cold related illnesses.



Did you know?

Sixty-three percent of temperature related deaths are attributed to cold exposure.