

AT-A-GLANCE: WINTER WEATHER

Winter Weather Advisory: *Wintry weather expected. Exercise caution.* Light amounts of wintry precipitation or patchy blowing snow will cause slick conditions and could affect travel if precautions are not taken.

Winter Storm Watch: *Snow, sleet, or ice possible! Be prepared.* Confidence is medium that a winter storm could produce heavy snow, sleet, or freezing rain and cause significant impacts.

Winter Storm Warning: *Snow, sleet, or ice expected! Take Action!* Confidence is high that a winter storm will produce heavy snow, sleet, or freezing rain and cause significant impacts.

- ❄️ **Before the storm strikes**, make sure your home, office and vehicles are stocked with supplies. For more information visit <https://www.weather.gov/safety/winter-before>

What To Do If You're Caught in a Winter Storm

OUTSIDE:

- **When There is No Shelter Nearby:** Build a lean-to, windbreak or snow cave for protection from the wind. Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.
- **Melt Snow for Drinking Water:** Eating unmelted snow will lower your body temperature.
- **Exercise:** From time to time, move arms, legs, fingers and toes vigorously to keep blood circulating and to keep warm. Avoid overexertion such as shoveling heavy snow, pushing a car or walking in deep snow if you are not in good health.

INSIDE:

- **If Your Heat Goes Out**
 - Close off unneeded rooms to avoid wasting heat
 - Stuff towels or rags in cracks under doors and close blinds or curtains to keep in some heat
 - Eat and drink. Food provides the body with energy for producing its own heat. Drink lots of water and other non-caffeinated, non-alcoholic drinks to prevent dehydration. Cold air is very dry.
 - Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

VEHICLE: If Your Car Gets Stuck During A Storm

- **STAY IN THE VEHICLE!**
 - If you leave your vehicle, you will become disoriented quickly in wind-driven snow and cold.
 - Run the motor about 10 minutes each hour for heat.
 - While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning.
 - Clear snow from the exhaust pipe to avoid gas poisoning.
- **Be visible to rescuers**
 - Turn on the dome light at night when running the engine.
 - Tie a bright colored cloth, preferably red, to your antenna or door.
 - After snow stops falling, raise the hood to indicate you need help.

- ❄️ **After, Winter Storm Dangers Linger!** For more information visit <https://www.weather.gov/safety/winter-after>

