



When Caught in a Winter Storm

OUTSIDE:

- Find shelter to stay dry.
- Cover all exposed parts of the body.
- If no shelter is nearby, prepare a wind break or snow cave for protection.
- Build a fire for heat.
- Do not eat snow as it will lower your body temperature.



IN A VEHICLE:

- **Stay** in your vehicle!!!
- Run the motor for ten minutes every hour, but open the windows slightly to allow for proper ventilation. Make sure the exhaust pipe is free of snow.
- Make yourself visible to rescuers by turning on the dome light at night when running the engine. Also tie a red or other bright colored cloth to the antenna or door.
- Exercise from time to time to keep the blood circulating and to keep warm.

AT HOME:

- Stay inside. Make sure you provide proper ventilation when using alternate heat sources.
- If you have no heat, close off unneeded rooms and place towels under the doors.
- Eat to supply heat...and drink to avoid dehydration.
- Wear layers of loose-fitting, light-weight, warm clothing.

