



## Severe Weather Safety Tips: **Winter Weather**



Provided by  
Kentucky Emergency Management (KYEM)

If there is a winter storm, it is best to **stay inside**. If you must go outside, **dress warmly**, remember a hat and mittens and walk carefully, it might be slippery! You should **avoid traveling by car** unless absolutely necessary, and remember to take your emergency survival kit. Always let someone know where you will be traveling. If your car gets stuck, stay in it and **wait for help**.

### Before a Winter Storm

- Add important winter items to your emergency survival kit: blankets, boots, hats, and mittens.
- Prepare a car survival kit; similar to your Home Survival Kit, but includes: a bag of sand or kitty litter (can be used to increase traction if you get stuck), a shovel, snow brushes, window scrapers, and blankets.

### During a Winter Storm

- Stay home unless you absolutely must travel.
- Listen to the radio or local TV for weather reports and emergency news.
- If you must work or choose to play in the snow, wear several layers of warm clothing that may be removed if you become too hot due to changes in the weather conditions.
- Wear loose layers of clothing, rather than bulky layers; air trapped between layers acts as insulation against the cold. Additionally, loose clothing allows blood to circulate to the extremities
- Change wet, damp clothes immediately.
  - *Protect feet* - Change damp socks immediately. Use foot powder to help absorb moisture. Wear overshoes to keep boots and socks clean and dry.
  - *Protect hands* - Wear mittens or gloves with thermal inserts to avoid frostbite injuries. Keep gloves and mittens clean and dry; change damp gloves immediately.
  - *Protect head, face and ears* - Cover face and ears with a scarf to prevent frostbite injuries. Wear a hat. As much as 70 percent or more of the body's heat is lost through an uncovered head.
- Go inside often to get warm. Change your clothes if they are wet.
- Beware of the signs of frostbite or hypothermia:
  - Starting to shiver a lot.
  - Getting tired or turning very pale.
  - Numb fingers, toes, ear lobes, or nose.



### After a Winter Storm

- Continue to dress warmly and in layers; the air will still be cold.
- Sidewalks and streets can be icy and very slippery.
- Wind can blow snow through the air making it hard to see where you are going.
- Be extra careful outdoors until you have fully assessed the storm's damage.

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