

TAKE 5



WINTER STORMS

Nothing to Chill About

Each winter, dozens of Americans die from exposure to cold. Add to that number, vehicle accidents and fatalities on icy roads, fires caused by the dangerous use of heaters, falls on slippery surfaces and heart attacks from shoveling snow make winter's threats hard to ignore.

What To Listen For:

The National Weather Service issues outlooks, watches, warnings, and advisories for all winter weather hazards. Here's what they mean and what to do. Listen to your local officials' recommendations and to NOAA Weather Radio for the latest winter storm information.

Outlook: Winter weather conditions may develop. Stay tuned to local media for updates.

Watch: Winter weather conditions are possible within the next 36-48 hours. Prepare now!

Warning: Severe winter conditions have begun or is imminent. Act now!

Advisory: Winter weather conditions are expected to cause significant inconveniences and may be hazardous. Caution and some preparation may be needed.

Reliable Sources:

Websites:

- <http://www.weather.gov> – See current local weather forecasts
- <http://www.tripcheck.com> – Check your route using road-side cameras
- <http://www.wc-roads.com> – View status of roads and bridges in Washington County

Phone:

Dial 5-1-1 – Listen to recorded message describing road status

Radio:

NOAA Weather Radio – Invest in a NOAA Weather Radio with battery back-up and stay informed of approaching winter storms. Purchase one that has a Specific Area Message Encoder (S.A.M.E.) feature which automatically alerts you when a winter storm watch or warning is issued for your area.

Wind Chill

The wind chill is based on the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature.

Temperature (F)	COLD				VERY COLD				BITTER COLD			
	35	30	25	20	15	10	5	0	-5	-10	-15	-20
5	32	27	22	16	11	6	0	-5	-10	-15	-21	-26
10	22	16	10	3	-3	-9	-15	-22	-27	-34	-40	-46
15	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	-58
20	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60	-67
25	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	-74
30	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71	-79
35	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74	-82
40	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76	-84
45	2	-6	-14	-22	-30	-38	-46	-54	-62	-70	-78	-85

VERY COLD BITTER COLD EXTREME COLD

Cold Related Injuries:

Frostbite: Damage to body tissue caused by that tissue being frozen. Warning signs include a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.

If symptoms are detected, get medical help immediately! If you must wait for help, slowly warm affected areas starting with the body's core and then the extremities.

Hypothermia: Threat to life caused by extremely low body temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

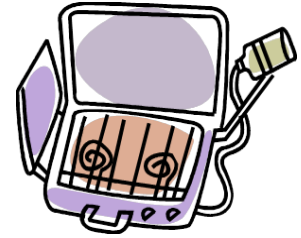
If the person's temperature is below 95°F (35°C), get medical care immediately! If medical care is not available, begin warming the person slowly. Follow these steps:

- Warm the body core first. If you warm the extremities (arms/legs) first, you will drive cold blood toward the heart which can lead to heart failure.
- If needed, use your own body heat.
- Get the person into dry clothing and wrap in a warm blanket, covering head and neck.
- Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is better.

Learn more about extreme cold safety at: www.cdc.gov, search: "hypothermia".

Heart Attack: Strain from cold and hard labor may cause a heart attack.

Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow, especially if you are not in peak physical condition. If you must shovel snow, take it slow and lift small amounts, especially when removing heavy snow, slush, or ice.



Before the Storm Strikes!

Primary concerns are loss of heat and power. Have these supplies ready.

- Flashlight and batteries.
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information.
- Charged cell phone.
- Food and water. Have high energy food such as dried fruit, nuts and granola bars. Store food requiring no cooking or refrigeration.
- Required medicine.
- Baby and pet items as needed.
- First aid supplies.
- Emergency cooking and heat sources: camp stove, fireplace, wood stove, space heater. Use safely to prevent a fire and ventilate properly.
- Heating fuel. Refuel before you are empty. Fuel carriers may not reach you for days after a winter storm..
- Fire extinguisher and smoke alarms. Test smoke alarms once a month.



Dress for the Season:

Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded.