# **Extreme Cold Safety Tips**

### **General Information**

- Minimize travel if possible.
- Stay indoors during the worst part of the extreme cold.
- Keep a winter survival kit in your vehicle if you must travel.
- Check tire pressure, antifreeze levels, oil levels, battery, heater/defroster, etc.
- Learn how to shut off water valves for potential pipe bursts. Turn off outside faucets.
- Check on the elderly.
- Bring pets inside.

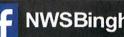
#### **How Should I Dress?**

- Wear layers of loose-fitting, lightweight, warm clothing.
- Wear a hat.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.

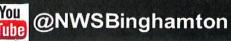
For more information visit <a href="http://www.ready.gov/winter-weather">http://www.ready.gov/winter-weather</a>

For information about Wind Chill, charts and calculator visit http://www.nws.noaa.gov/om/winter/windchill.shtml











# **Extreme Cold Safety Tips**

### **General Information**

- Minimize travel if possible.
- Stay indoors during the worst part of the extreme cold.
- Keep a winter survival kit in your vehicle if you must travel.
- Check tire pressure, antifreeze levels, oil levels, battery, heater/defroster, etc.
- Learn how to shut off water valves for potential pipe bursts. Turn off outside faucets.
- Check on the elderly.
- Bring pets inside.

#### **How Should I Dress?**

- Wear layers of loose-fitting, lightweight, warm clothing.
- Wear a hat.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.

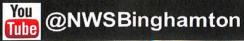
For more information visit <a href="http://www.ready.gov/winter-weather">http://www.ready.gov/winter-weather</a>

For information about Wind Chill, charts and calculator visit <a href="http://www.nws.noaa.gov/om/winter/windchill.shtml">http://www.nws.noaa.gov/om/winter/windchill.shtml</a>











# **Emergency Kits For Your Vehicle**



- A shovel
- Flashlight
- Windshield scraper and small broom
- Battery powered radio
- Extra batteries
- Water
- Snack food
- Matches
- Extra hats, sock, mittens, and boots

- First aid kit with pocket knife
- **Necessary** medications
- Blanket (s)
- Tow chain or rope
- Road salt and sand
- **Booster Cables**
- **Emergency flares**
- Florescent distress flag



