

# 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 <http://www.ready.gov/winter-weather>

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

**National Weather Service – Binghamton, NY**

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# 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



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