



Safe Winter Driving

This information supplied by the Federal Emergency Management Agency and the Roseau County Homeland Security Emergency Management Department.

DID YOU KNOW??? The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

WINTER CAR KIT-

Keep these items in your car:

- Flashlights & radio with extra batteries
- First aid kit with pocket knife
- Necessary medications
- Several blankets / sleeping bags
- Extra set of mittens, socks, and wool cap, Rain gear, and extra clothes
- Small shovel
- Windshield scraper and small broom
- Small tools (pliers, wrench, screwdriver)
- Booster cables
- Small sack of sand for generating traction under wheels
- Set of tire chains or traction mats
- high energy food and snacks (canned and dried food or MRE's)
- Nonelectric can opener
- Bottled water (gallon per person)
- Candles and matches (provides heat and light source)
- Brightly colored cloth to use as a flag, reflector triangle / cone, or road flare
- Cards, games, and puzzles



BEFORE A WINTER STORM -

HAVE A MECHANIC CHECK YOUR VEHICLE:

- *Battery*
- *Antifreeze*
- *Wipers and windshield washer fluid*
- *Ignition system*
- *Thermostat*
- *Lights (interior and headlights)*
- *Flashing hazard lights*
- *Exhaust system*
- *Heater and defrost*
- *Brakes*
- *Oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10w/30 weight variety)*



MORE PREPAREDNESS BEFORE WINTER:

- Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.
- Maintain at least half a tank of gas during the winter season.
- Plan long trips carefully.
- Listen to the radio or call the state highway patrol for the latest road conditions.
- Dress warmly and wear layers of loose fitting lightweight clothing.
- Contact your local emergency management office for more information on winter preparedness.

DURING A WINTER STORM -

IF TRAPPED IN CAR DURING A BLIZZARD:

- Set your lights on flashing, hang a piece of cloth or distress flag from the radio antennae or window, or display a trouble sign.
- When the engine is running, open a window slightly. This will protect you from carbon monoxide. You may need to clear snow away from the car's exhaust pipe!
- You can use road maps, seat covers and floor mats for warmth. And huddle with the other passengers! Take turns sleeping so one person is always awake when rescuers come.

- If you are stranded in a remote area you may need to leave the car on foot after the blizzard passes.
- Stay in the car.
- Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.
- Occasionally run engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running.



AVOID OVEREXERTION

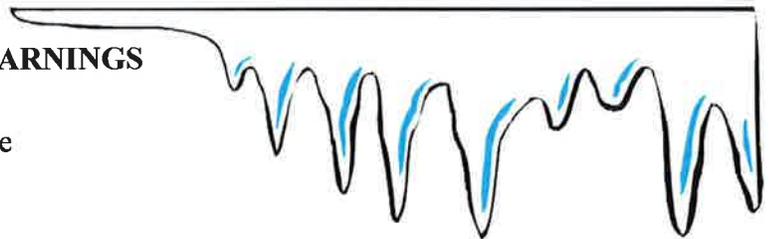
Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

WIND CHILL

"Wind chill" is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

WINTER STORM WATCHES AND WARNINGS

- **A winter storm watch** indicates severe winter weather may affect your area.
- **A winter storm warning** indicates severe winter weather conditions are definitely on the way.
- **A blizzard warning** means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.





FROSTBITE AND HYPOTHERMIA

***Frostbite** is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite*

***Hypothermia** is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.*

- If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure.
- Put person in dry clothing and wrap their entire body in a blanket.
- Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.
- For warmth, huddle together.
- Use newspapers, maps, and even the removable car mats for added insulation