

# WINTER SAFETY

## Recognize Early Signs of Frost Bite

- \* Goosebumps or Tingling in the Affected Area
- \* Partial or Complete Numbness, Pale or Yellowish Cold Skin
- \* When Thawing, Skin Becomes Painful and Red
- \* In Severe Cases, the Skin Turns Black



## Recognize Early Signs of Hypothermia

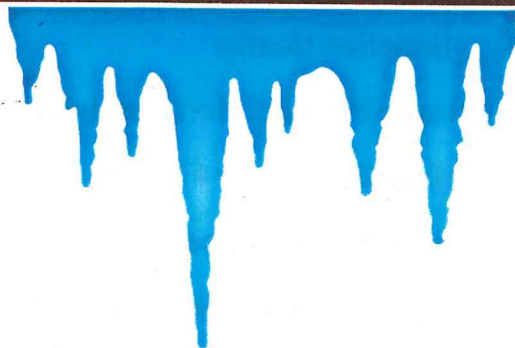
- \* Cold Feet and Hands
- \* Puffy or Swollen Face
- \* Pale Skin and/or Shivering
- \* Slower Speech, Slurring Words
- \* Acting Sleepy

## Treatment for Frostbite

- \* Immerse the Area in Warm (Not Hot) Water
- \* Dry and Cover the Area with Blankets
- \* Warm the Area With Body Heat
- \* Drink Hot Fluids (Never Drink Alcohol or Smoke)
- \* Never Rub or Put Pressure on the Affected Area
- \* Never Put Direct Heat on the Affected Area

## Treatment for Hypothermia

- \* Call 911
- \* Wrap the Person in a Warm Blanket
- \* Do Not Rub the Persons Legs or Arms
- \* Do Not Try to Warm the Person in a Bath
- \* Do Not Use a Heating Pad



# Winter Preparedness



## Trapped in a Car

- \* Carry a Cell Phone
- \* Have a Blanket and Extra Warm Clothes
- \* Carry a Shovel and Bag of Sand (in case you get stuck in the snow)
- \* Bring a Can and a Box of Matches (melt snow and have warm water to drink)
- \* Carry Non Perishable High Calorie Foods

## Extended Power Outages at Home

- \* Have Flashlights and Extra Batteries Nearby
- \* Have Plenty of Non Perishable Foods
- \* Have Extra Baby Formula
- \* Have Extra Medication
- \* Place Towels or Blankets Under Outside Doorways
- \* If You Have a Generator, Make Sure it is Well Ventilated



## Wesites

[www.mcswa.com/Winter-Hazards.html](http://www.mcswa.com/Winter-Hazards.html) Michigan Committee for Severe Weather Awareness

[www.ready.gov](http://www.ready.gov) - FEMA Emergency Preparedness Page

[www.weather.gov/dtx](http://www.weather.gov/dtx) - Detroit/Pontiac NWS Office

[www.weather.gov/om/winter/](http://www.weather.gov/om/winter/) - NWS Winter Weather Safety

