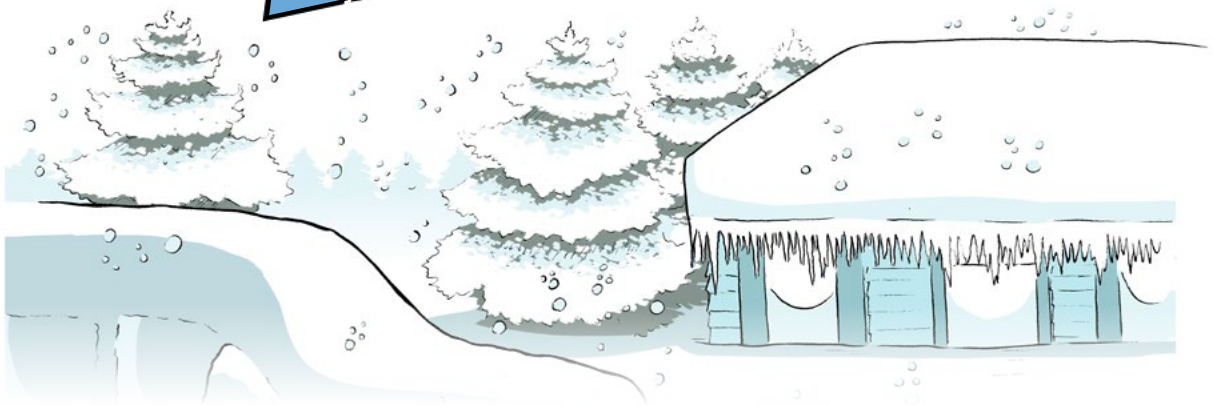
Ready
Prepare. Plan. Stay Informed.

FEMA

Winter Storms/ Extreme Cold



Winter storms can range from a normal snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms bring dangerously low temperatures and sometimes, strong winds, icing, sleet, and freezing rain. One of the main concerns is that winter weather can knock out heat, power, and communication, sometimes for days at a time. Heavy snowfall and extreme cold can have serious effects on an entire region. Icy roadways can cause serious accidents, and sometimes people die from being in really cold temperatures for too long.

Am I at risk?

Almost everyone in the United States can be affected by winter storms and extreme cold.

FACT CHECK

1. Uncontrollable shivering, memory loss, mumbling, slurred speech and feeling tired can all be signs of what cold weather related condition? _____

   _____

2. **True or False?** Wet clothing chills the body quickly.

3. Why should you not eat snow?_____

   _____

4. Signs of frostbite are:
   - **a.** Loss of feeling in fingers, toes, ear lobes, tip of the nose
   - **b.** Numbness
   - **c.** White, gray, or pale appearance of skin
   - **d.** All of the above

ANSWERS

(1) Hypothermia. If you see signs of hypothermia in someone, get them to a warm location, remove wet clothing, warm the center of the body first by giving warm beverages, and get medical help as soon as possible.
(2) True. Wet clothing loses its ability to insulate heat. Keep dry. Change wet clothing frequently.
(3) It lowers your body temperature. Melt it first before eating. Even better, drink some hot chocolate instead!
(4) D, all are signs of frostbite. Frostbite is an injury to the body caused by freezing and can permanently damage the body. Get out of the cold or cover up skin at the first signs of redness or pain in any skin area.

BE A HERO!™

For more facts and info on winter storms and extreme cold visit
http://www.ready.gov/kids/know-the-facts/winter-storms-and-extreme-cold
http://www.bt.cdc.gov/disasters/winter/

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Be Prepared

BEFORE

- Build an emergency kit.
- Make a family communications plan.
- Help your parents sprinkle sand on sidewalks and walkways. This helps to make them less slippery.
- Make sure you dress warmly and have extra blankets!
- Bring pets inside.

DURING

- Stay inside! Sidewalks can be very slippery and you can hurt yourself if you fall.
- If you are outside helping to shovel snow, make sure you wear a hat. It helps keep you from losing body heat.
- Wear mittens. They're warmer than gloves.
- Cover your mouth with a scarf to protect your lungs from the cold air.
- Put on dry clothes as soon as you come inside.
- If you can't feel your fingers, toes, ears or nose, or they appear pale white, tell a grown-up immediately. You need to see a doctor.
- Tell a grown up immediately if you can't stop shivering, have trouble remembering things, feel tired or talk funny. You may have hypothermia which can be very dangerous.

AFTER

- Continue to wear layers, a hat, scarf and mittens, or gloves. These will help to keep you warm and protect you from frostbite.

WORDS TO KNOW

Frostbite A medical condition when skin or body tissue is damaged from freezing. It's most common in parts of the body farthest from your heart that are exposed, such as fingers, toes, ears and nose.

Hypothermia A sickness when your body temperature drops below what is needed to be healthy and work properly. It is the opposite of heat stroke.

Freezing Rain Rain that freezes when it hits the ground, creating a layer of ice on roads, walkways, trees and power lines

Sleet Rain that turns to ice before reaching the ground

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