



*But pray that your flight will not be in the winter
Matthew 24:20*

Winter Safety Tips

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Stay Safe During Winter Weather

- Stay off roads if possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
- Go slow! (leave early to avoid rushing)
- Wear safe footwear. (slip resistant treads)
- Keep arms free for balance.
- Walk with legs apart, flat-footed, and short steps. (like a penguin!)

In Case of Emergency:

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas.

Signs of, and basic treatments for, frostbite and hypothermia:

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- Signs: Numbness, white or grayish-yellow skin, firm, or waxy skin.
- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature.

- Signs: Shivering uncontrollably, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.
- Actions: Check a temperature. If below 95 degrees, this is an emergency. Call 9-1-1 and go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

References/Resources:

Cold Health and Safety- Michigan Winter Weather: <https://bit.ly/3g56drO>

Winter Weather: <https://www.ready.gov/winter-weather>

For More information about Frostbite and Hypothermia: <https://bit.ly/3r1PUT8>

[Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help, if you are unable to afford your heating costs, weatherization, or energy-related home repairs.



Avoid carbon monoxide poisoning!

Only use generators and grills outdoors and away from windows. Never heat your home with a gas stove top or oven. Install and test smoke alarms and carbon monoxide detectors with battery backups.