

Don't Let a Winter Storm Take You by Surprise ...

Winter storms pose an increased risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks resulting from overexertion. These storms, which may involve blizzards, can introduce extreme cold, freezing rain, snow, ice, and high winds. Explore the following resources to ensure your safety during winter weather.

Stay Safe During Winter Weather

- Stay off roads if possible; if trapped in your car, remain inside.
- Limit outdoor exposure and wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion during activities like shoveling snow and walking.
- Prevent carbon monoxide poisoning by using generators and grills outdoors, away from windows. Never heat your home with a gas stovetop or oven.

Additional Resources

- [Winter Storm Information Sheet](#) (PDF)
- [National Weather Service](#)
- [Power Outages and Indoor Air Quality](#) (EPA)
- [Preparing for a Winter Storm](#) Centers for Disease Control and Prevention (CDC)
- [Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety](#) (CDC)
- [NIOSH Fast Facts: Protecting Yourself from Cold Stress](#) (NIOSH)
- [Power Outage Safety](#) American Red Cross
- [Winter Storm Safety](#) American Red Cross
- [Snowstorms & Extreme Cold](#) (FEMA)
- [Be Prepared for Winter Driving](#) National Safety Council (NSC)
- [Prepare Your Workplaces or Organizations](#) American Red Cross

Videos:

- [What to do if you're stuck on the road](#)
- [How to prepare for winter storm](#)
- [What to do during a blizzard](#)
- [Preparing for Winter Travel](#) (FEMA)

