



**Calvin Ball**  
**County Executive**

# WINTER WEATHER

## Winter Storms

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds.

### A winter storm can:

- Last a few hours or several days.
- Cut off heat, power and communication services.
- Put older adults, children, sick individuals and pets at greater risk.

## Stay Safe During Winter Weather

- Stay off roads if at all 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.

## Learn the 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. A temperature below 95 degrees is an emergency.

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: 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.