

# *Prepare To Survive!*

---

## Know What To Do



# You've Seen The Headlines...

---

"Husband Leaves Wife And Car To Go For Help,  
Freezes To Death During Whiteout"

"Hundreds Stranded On  
Highways By Snow & Ice"

"Couple Stranded In Car Survive  
3 Days of Blizzard Conditions"

"SUV Slides Off Freeway Into Ravine  
During Storm, Found Days Later"



---

*How Would Your Story End?* <sup>2</sup>

# If You Get Stranded On The Road...

---

- ❖ Stay in the vehicle & wait for help
  - Don't leave until help is visible within 100 yards
- ❖ Put bright colored rag on antenna to show need for help
- ❖ Keep warm & avoid carbon monoxide poisoning
  - Run engine & heater 10 minutes each hour
  - Keep exhaust pipe clear of snow, open downwind window for air
- ❖ Turn ceiling light on when engine runs, for visibility
- ❖ Change position & do light exercise for blood circulation
- ❖ Huddle together for warmth
  - Layer papers & car mats over body to preserve warmth
- ❖ Watch for symptoms of hypothermia & frostbite
- ❖ Drink fluids to avoid dehydration: not caffeine or alcohol
  - Melt snow before using, as icy fluids speed up hypothermia
- ❖ Avoid overexertion & resulting heart attack
- ❖ Take turns sleeping
  - To avoid freezing to death, you must wake & move about periodically to increase body circulation & heat

# Vehicle Winter Disaster Supply Kit

---

- ❖ Mobile phone, charger & batteries
- ❖ Blankets or sleeping bags
- ❖ Raingear, wool hat, extra dry clothes, mittens, socks
- ❖ Newspapers for insulation
- ❖ Plastic bags, tissue, large empty can, for sanitation
- ❖ Canned fruit, nuts & high energy 'munchies'
- ❖ Cans of broth or soup
- ❖ Manual can opener
- ❖ Several bottles of water
- ❖ Pocket knife
- ❖ Small tools (pliers, wrench & screwdriver)
- ❖ Jumper cables
- ❖ Windshield scraper/brush
- ❖ Set of tire chains or traction mats
- ❖ Bag of sand or kitty litter for traction under wheels
- ❖ Tow rope & small shovel
- ❖ First aid kit, including any necessary medications
- ❖ Flashlight & extra batteries
- ❖ Candle in metal can or other fireproof container
- ❖ Waterproof matches
- ❖ Cards, games, or puzzles
- ❖ Brightly colored cloth to tie on antenna

# For More Information

---

- ❖ Federal Emergency Management Agency
  - <http://www.fema.gov/rrr/talkdiz/winter.shtm>
- ❖ National Weather Service
  - <http://www.nws.noaa.gov/om/winter/index.shtml>
- ❖ American Red Cross
  - [www.redcross.org/disaster/safety/guide.html](http://www.redcross.org/disaster/safety/guide.html)

