

...Winter Weather Preparedness Week Across New England And New York...  
...Today's Topic, Protected Measures From Wind Chill...

All of the New England states as well as the state of New York, in partnership with the National Weather Service offices in these respective states, have designated this week as Winter Weather Preparedness Week.

If you have not already done so, now is the time to get yourself and your property prepared for the winter season.

Enjoy the great outdoors this winter, but protect yourself from the wind and cold. Wind Chill, which is defined as the combined effects of low temperature and wind on the human body can be fatal.

Strong wind when combined with low temperatures results in very rapid cooling of any exposed surface. Unprotected parts of the body, such as the face and hands, can chill rapidly and should be protected from the cold and wind.

A strong wind can make the weather more chilling and dangerous. A person dressed for near freezing weather can be exposed to wind chill equivalent temperatures of 20 or more degrees colder when the wind speed is 30 miles an hour or greater. Exposed skin can freeze in minutes when the wind chill reaches 30 degrees below zero or less.

Frostbite and hypothermia are often associated with wind chill. Frostbite causes a loss of feeling and a white or pale appearance on the affected areas. Hypothermia develops when the body begins to lose heat faster than it can produce it.

Dress for both temperature and wind. Be sure to keep your face covered on a windy day. Wear loose fitting, lightweight, warm clothing in several layers. Outer garments should be hooded as well as water and wind repellent. Mittens are better protection from the cold than gloves.

Do not ignore the winter elements that could threaten your life. Remember to monitor daily weather forecasts before venturing outdoors. Listen to local weather forecasts on commercial radio, television, or NOAA Weather Radio All Hazards.

For more information on wind chill, including a wind chill chart, check our website at [weather.gov](http://weather.gov), then click on Vermont.