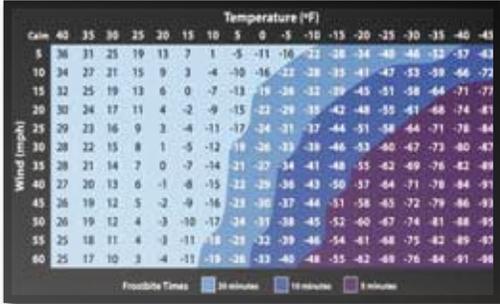


WINTER SAFETY

WHAT IS FROSTBITE AND HYPOTHERMIA?

Frostbite - injury or destruction of skin and underlying tissue, most often that of the nose, ears, fingers or toes, resulting from prolonged exposure to freezing or subfreezing temperatures.

Hypothermia - an abnormally low body temperature, often caused by prolonged exposure to cold.



WIND CHILL

As wind speeds increase during the winter months, they can make the temperature outside feel even colder than it actually reads on a thermometer. This cooling factor is given a name—the wind chill effect.

SAFETY TIPS

Keep ahead of winter weather by listening to the latest weather warnings and bulletins on NOAA Weather Radio, local radio or television. Be alert to changing conditions and avoid unnecessary travel.

In your home...

- Check battery powered equipment, and stock extra batteries for flashlights and a portable television or radio. Also, check emergency cooking facilities.
- Check your food/water supply and stock extra if needed. Your supplies should include food that requires no cooking or refrigeration in case of power failures. Consider high energy foods such as dried fruit or candy. Don't forget prescription medicines, first aid supplies, and other specialty items.
- Check your supply of heating fuel, but prevent fire hazards due to overheated coal or oil-burning stoves, fireplaces, heaters, or furnaces. Emergency responders can be hampered by extreme weather conditions and may not be able to respond quickly—arrange for emergency heat in case of an extended power failure.
- Stay indoors during storms and cold snaps. Elderly persons, children, and those in bad health may be especially susceptible to cold weather. Avoid overexertion, especially if shoveling snow.
- Dress to fit the season. Loose, layered clothing will keep your body warm, and a hat and mittens will protect your extremities.
- Don't forget your pets or livestock. Move animals to sheltered areas. For pets, bring them indoors or provide some form of heat. Provide fresh water since many pets die from dehydration in winter storms.

In your vehicle...

- Be sure your vehicle is winterized by the end of November. Check oil, belts, tires and battery to ensure good working condition.
- Carry a winter storm car kit, especially if you anticipate travel in north Alabama. Items to consider include blankets/sleeping bags, flashlights and batteries, first aid kit, non-perishable foods, extra clothing, ice scraper, water, road maps, small shovel, rope, kitty litter or sand for traction and a cell phone car charger.
- If the storm exceeds or even tests your driving limitations, seek available shelter immediately. Plan your travel and select primary and alternate routes. Check the latest weather information before departing, and drive carefully and defensively. Avoid traveling alone, and be sure someone knows your travel plans and route of travel.