

Outdoors

- Stay inside if possible.
- Wear warm, lightweight clothing in layers with a hat and gloves if you must venture outside.
- Know the symptoms of hypothermia and frostbite.
- Treat the symptoms of hypothermia and frostbite immediately.
- Take care when shoveling snow or working outside in cold weather. Take frequent breaks indoors to warm up, and don't over exert yourself.

Frostbite

- **Symptoms**— Numbness, a tingling or burning feeling that soon fades, the skin turns pale, then red, then white-purple if frozen. The nose, ear lobes, fingertips, and toes are most likely to be affected.
- **Treatment**—Re-warm affected areas as quickly as possible by placing the frostbitten body part into a warm bath for an hour or more to increase circulation. Drink warm, non-caffeinated and non-alcoholic beverages. Do not rub the skin. Do not smoke or chew tobacco as it reduces circulation. Seek medical attention immediately. Do not allow refreezing.

Hypothermia

- **Symptoms**— Difficulty in concentration or coordination, slurred speech, drowsiness, exhaustion, uncontrollable shivering followed by lack of shivering.
- **Treatment**— Remove wet clothing, wrap in blankets, drink warm non-caffeinated and non-alcoholic beverages, warm the center of the body first (chest, neck, head, & groin) then the feet and legs. If the body temperature falls below 95degrees F, Seek medical attention immediately.

Websites for additional information:

www.cdc.gov
www.nws.noaa.gov
www.weather.com



Cumberland Plateau, Lenowisco,
and Mt. Rogers Health District

www.vdh.virginia.gov



"The Road to Good Public Health"

www.sullivanhealth.org



www.health.state.tn.us

**Mountain Empire Public Health
Emergency Coordination
Council
Epi Task Force**

Ready Me
(Ready Mountain Empire)

ARE

YOU

PREPARED

FOR

WINTER

WEATHER?

Winter Weather Tips

Winter weather preparedness is important to all of us to ensure our safety as well as those we love. Prepare early for the threat of any severe winter weather by following these tips:

MAKE A PLAN— Closed roads can prevent you from going home. Decide on a meeting place outside of your neighborhood if your family is separated, and choose an out-of-town relative or friend to be your family's point of contact for emergency communications. With your family, write down your emergency plan.

GET A KIT—Along with the basic supplies (3 days' food & water, a battery-powered or hand-crank radio with extra batteries, and your written family emergency plan), add a first aid kit, medications if needed, blankets and warm clothing, supplies for special members of your household, and pet items.

STAY INFORMED—Before, during and after a winter storm, you should listen to local media for information and instructions from emergency officials. Be aware of winter storm warnings and road conditions.

For additional information visit www.ready.gov

Home

- Make a supply kit and store in sturdy, easy to carry containers—include important documents, car keys and credit cards, 3-day supply of water (1 gallon /person/day), 3-day supply of non-perishable food, warm clothing and footwear, blankets or sleeping bags, first aid kit, cell phone and charger, battery powered weather radio or other portable radio, flashlight and batteries, candles and matches, pet food and supplies.
- Insulate doors, windows and pipes.
- Follow manufacturers' guidelines for supplemental heaters.
- Install and inspect smoke detectors, carbon monoxide detectors and fire extinguishers, and keep batteries fresh.
- Know how to shut off water valves, turn taps to a trickle to prevent freezing during extreme cold weather.
- Check on neighbors, the elderly, and those living alone.

Automobile

- Prepare an **emergency car kit** which should include tire chains, jumper cables, basic tool set, fold up shovel, tow rope, sand or kitty litter, compass and road maps or GPS system, cell phone and car charger, extra blankets, shoes and sleeping bags, first aid kit, knife and multi-purpose pliers, and hand and body warmers.
- Maintain a half tank of gas in your car in case you get stuck
- Make sure your automobile has plenty of coolant.
- Slow down on bridges and overpasses and avoid sudden changes in speed or direction.
- Reduce your speed.
- Keep windows free of snow and ice.
- Use brakes cautiously.
- Remain in your car should you get stranded, only running the engine about 10 minutes each hour to keep warm and be sure to crack a window while the engine is on to prevent carbon monoxide poisoning.
- Use extra clothing, floor mats, newspapers and other items in the vehicle to keep warm.
- Do not set out on foot unless you see a building close by where you know you can take shelter.



Carbon Monoxide

Carbon monoxide is an invisible gas formed when you burn any fuel. It has no odor and no color. Common sources include: generators, oil/gas burning furnaces, kerosene/propane heaters, automobile engines, woodstoves, open fires, gasoline powered tools, and charcoal/gas grills.

Symptoms of Carbon Monoxide Poisoning

- Headache
- Nausea/vomiting, chest pain
- Dizziness
- Confusion
- Loss of consciousness or passing out

Prevent Carbon Monoxide Poisoning By:

- Any space heated by fossil fuels (oil, propane, etc) should have a carbon monoxide detector.
- Have all chimneys cleaned professionally each year.
- Oil and gas furnaces should be checked by a professional each year.
- Don't sleep in any room with an unvented gas or kerosene heater.
- Don't warm up your car by leaving it inside the garage with the engine running...even if the garage door is open.
- Don't use gasoline-powered engines (snow blowers and generators) in enclosed spaces.
- Don't use a gas oven, charcoal grill or camping stove to heat your home.
- Get a victim to fresh air and 100% oxygen, seeking medical attention as soon as possible.