

EXTREME TEMPERATURES



Cold snaps and heat waves can be as challenging and as deadly as any other natural disaster. You can best weather these times through pre-season preparation and the right know-how.

WINTER

Preparing for a Winter Storm

- Stock up on food, water, medicines and heating fuel.
- Secure back-up heat sources, such as kerosene heaters. Never use charcoal, gas or propane heaters indoors.
- Buy bags of rock salt and sand for use on icy walkways.
- Weather-strip windows and doors to help seal out the cold.

Winter Weather Terms to Know

Freezing Rain

Rain that freezes on contact with roads, trees, sidewalks, etc.

Sleet

Rain that freezes before hitting the ground.

Winter Storm Watch

A winter storm is possible in the area.

Blizzard Warning

Winds or gusts 35 mph or greater, along with snow, are expected to last 3 hours or more.

Winter Storm Warning

A winter storm is occurring or will begin soon.

Frost/Freeze Warning

Temperatures are expected to drop below freezing.

During and after a Winter Storm

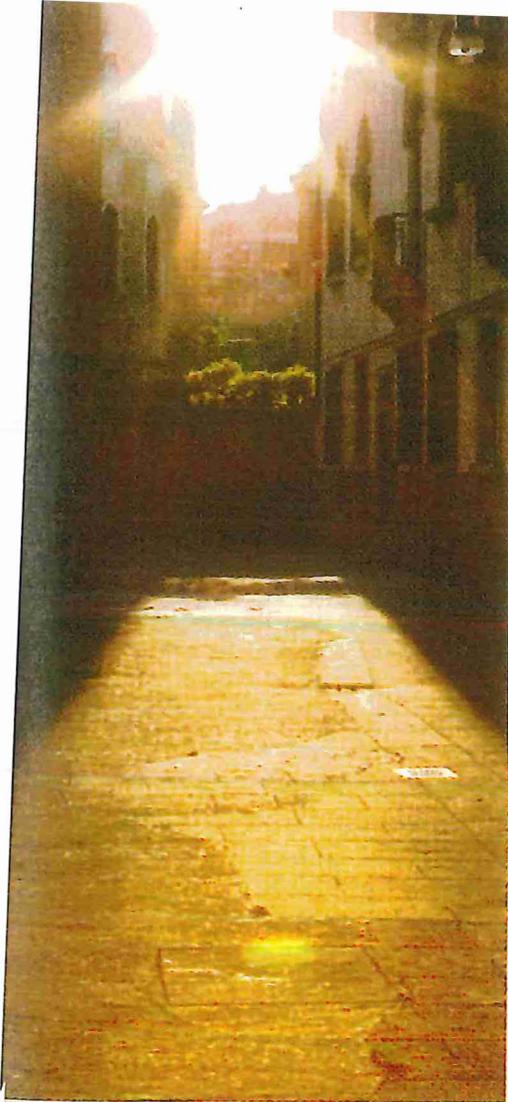
- Conserve heating fuel by shutting off unused rooms.
- Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- Don't overexert yourself while shoveling snow.
- Watch for signs of frostbite: loss of feeling along with paleness in tip of nose, fingers, toes and ear lobes.
- Beware of hypothermia. Signs include uncontrollable shivering, slurred speech, drowsiness, memory loss and disorientation.
- Avoid driving at night or alone. Notify others of your schedule and route.

If Your Vehicle Is Stranded in a Blizzard

- Pull off the road and turn on your hazard lights.
- Do not start walking unless you can see a building where you can take shelter.
- If no buildings are in sight, stay in your vehicle, where rescuers are more likely to find you.
- Wrap yourself in blankets, or use seat covers, floor mats and maps.
- Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- Balance use of the heater and lights to conserve the battery.
- If stuck in a remote location, spell out "HELP" or "SOS" with rocks or branches.

Winterize Your Vehicle

- Check the wipers, battery, heater, defroster, ignition system, lights, oil and tire pressure.
- Consider purchasing snow tires or chains.
- Pack a winter emergency kit with a window scraper, blankets, battery-powered radio, flashlight, water, snack food, tow chain or rope, shovel and flares.



SUMMER

Summer Weather Terms to Know

Heat Wave

Period of extreme heat, usually accompanied by high humidity.

Heat Index

The relative humidity added to the air temperature—how hot it feels.

Heat Cramps

Muscle pains due to exertion—the first sign of heat-related problems.

Heat Exhaustion

A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke

A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.

During a Heat Wave

- Stay indoors in air conditioning as much as possible, and in the shade if you go outside.
- If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- Wear sunscreen outside, along with light-colored clothes that cover as much skin as possible.
- Drink water regularly even if you are not thirsty. Limit alcohol, which speeds dehydration.
- Never leave children or pets alone in the car.
- Avoid exertion during the hottest part of the day.
- Take a cool shower or bath.