

# SELF SUFFICIENCY IS EMERGENCY PREPAREDNESS



## WHAT TO DO ...

### IF YOU ARE AT HOME

Stock an emergency supply of food and water, as well as emergency cooking equipment such as camp stove. Some of this food and water should be of the type that does not require refrigeration or cooking.

Make sure you have a battery-operated radio and extra batteries on hand so that if your electric power is cut off you can still hear weather forecasts, information, and advice broadcasts by local authorities. Get a NOAA Weather Radio to monitor severe weather. Also flashlights and lanterns will be needed. Portable Propane-type heaters could prove valuable in these types of situations, but use with proper precautions.

### IF YOU ARE TRAVELING

If you know a winter storm is on the way avoid all unnecessary trips. If you must travel, use public transportation if possible. If you are forced to use your vehicle for a trip of any distance, take these precautions:

Dress for the season by wearing layers of loose-fitting lightweight, warm clothing rather than a single layer of thick clothing. Mittens are warmer than gloves. Use a stocking cap to protect your head and a face mask that covers your mouth to protect your lungs from extremely cold air.

Make sure your car is in good condition, and equipped with chains or snow tires.

Take another person with you if possible.

Make sure someone knows where you are going, your approximate schedule, and your estimated time of arrival.

If you see downed power lines - STAY AWAY.

It is recommended that you have a full tank of gas in your vehicle, along with emergency winter storm supplies.

Travel by daylight and use major Highways if you can.

Drive with caution. Stay off closed roads and stop or turn back to seek help if conditions exist that test your ability or endurance, rather than risk being stalled, lost or isolated.

## IF YOU GET TRAPPED IN YOUR CAR

- Pull off the road, set hazard lights to flashing, and hang a distress flag from the radio aerial or window. Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about 10 minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning. Exercise to maintain body heat but don't overexert. Huddle with other passengers and use your coat for a blanket.
- In extreme cold use road maps, seat covers, floor mats, newspapers or extra clothing for covering.
- Turn on the inside dome light so rescue teams can see you at night, but be careful not to run the battery down
- Do not set out on foot unless you see a building close by where you know you can take shelter.
- Once the blizzard is over, you may need to leave the car and proceed on foot. Follow the road if possible. If walking across open country, use landmarks to help maintain sense of direction.

## WINTER STORM



FEMA/Liz Roll, FEMA News Photo

## STORM FACTS

A **BLIZZARD** is the most dangerous of all winter storms. It combines cold air, heavy snow, and strong wind that may reduce visibility. A Blizzard Warning is issued when considerable snow, temperatures below freezing, and winds of 35 miles per hour or more are expected.

A **WINTER STORM WARNING** for the lower elevations in Colorado usually means an expected snowfall of 6 inches or more in a 12 hour period, or 8 inches or more in a 24 hour period.

**FREEZING RAIN** or **DRIZZLE** occurs when rain is likely to freeze on the ground, depositing a coating of ice or glaze on roads and everything that is exposed.