

SAFETY TIPS

STAY CALM

If your car breaks down or stalls during a storm, or if you become lost, *don't panic*. Think through the problem, decide on the safest and best course of action, and then proceed slowly and carefully. If you become trapped or isolated, take the following steps:

- (a) pull off the highway, keep calm, and remain in your vehicle, where rescuers are most likely to find you;
- (b) set your directional lights to flashing and raise the hood of your car, or hang a cloth from the radio antenna or a window;
- (c) stay in your car and wait for help to arrive;
- (d) don't try to walk through a blizzard (getting lost means almost certain death);
- (e) don't waste gas by running the heater continuously (be aware of the danger of carbon monoxide poisoning — open a window on the downwind side for ventilation and periodically clear away snow from the exhaust pipe); and
- (f) exercise to maintain body heat. Move arms and legs vigorously and move around within the car. Never let everyone in the car sleep at the same time. At night, turn on the dome light so that rescue crews can spot you.

AVOID OVEREXERTION

Stay indoors during storms and cold snaps unless in peak physical condition. If you must venture outside, avoid overexertion. Cold weather puts an extra strain on the heart. If you are unaccustomed to exercise, such as the physical effort required to shovel heavy snow or to push a car, you may be at risk of a heart attack or stroke under adverse weather conditions.

DRESS TO FIT THE WEATHER

Cover your mouth to protect your lungs from extremely cold air. Thin layers of loose clothing trap body heat while allowing air to circulate. Layers can be removed to prevent perspiring and subsequent chill. Outer clothing should be tightly woven, water repellent and hooded. Mittens, snug at the wrists, are better than fingered gloves. Remember that trapped, insulating air, warmed by body heat, is the best protection from the cold.

LOCAL WEATHER INFORMATION

Colorado State Patrol Road Reports (Statewide)
(303) 639-1234 or (303) 639-1111

Yuma County Road and Weather Information
(970) 848-3133

Radio Stations Serving Northeast Colorado

KFTM 1400 AM	Fort Morgan	(970) 867-5674
KBRU 101.7 FM	Fort Morgan	(970) 867-5674
KSIR 1010 AM	Fort Morgan	(970) 867-7271
KSIR 107.1 FM	Fort Morgan	(970) 867-7271
KSTC 1230 AM	Sterling	(970) 522-1607
KNNG 104.7 FM	Sterling	(970) 522-1607
KPMX 105.5 FM	Sterling	(970) 522-4800
KOGA	Ogallala	(308) 284-3633
KATR 98.3 FM	Yuma	(970) 848-3525
KOA 850 AM	Denver	(303) 893-8500
NOAA Weather Radio		162.475 MHz

For more information about winter storms and other hazards, contact:

Roger Brown, Director
Yuma County Office of Emergency Management
(970) 848-3799
www.NCEM10.org

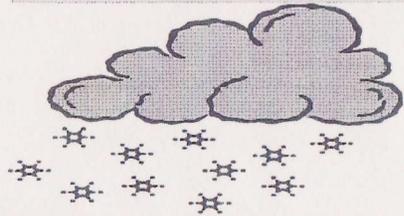
SAFETY TIPS FOR WINTER STORMS



YUMA COUNTY

Area: 2,400 sq.miles
Population: 9,374

Safety Tips for Winter Storms



Winter storms that produce freezing rain, sleet, ice, heavy snow or blizzard conditions can be a serious hazard for residents and visitors to the area. The first line of protection is to *BE AWARE OF WEATHER CONDITIONS* in your area.

FORECASTS AND WARNINGS

By observing storm warnings, adequate preparation can be made to lessen the impacts of hazardous weather conditions. To take full advantage of weather forecasts, learn and understand the most commonly used terms:

- **Snow** - when used without a qualifying word, such as "occasional" or intermittent," indicates a snowfall that is steady in nature and that will probably continue for several hours;
- **Freezing Rain and Freezing Drizzle** - indicates rain that freezes as it strikes the ground and other surfaces, forming a coating of ice and making driving and walking very dangerous;
- **Sleet** - indicates small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it can make travel hazardous;
- **Winter Storm Watch** - indicates that severe winter weather conditions may affect your area (freezing rain, sleet or heavy snowfall may occur either separately or in combination);
- **Winter Storm Warning** - indicates that severe winter weather conditions are imminent;
- **High Wind Warning** - indicates sustained winds of at least 40 miles per hour are expected to last for at least one hour (with gusts of 50 mph or greater).

- **Blizzard Warning** - indicates sustained wind speeds of at least 35 miles per hour, accompanied by considerable falling and/or blowing snow, are expected (visibility may be dangerously restricted);
- **Wind Chill** - is the effect of wind, in combination with actual temperatures, that results in an increased rate of heat loss to the human body. For example, a temperature of 0 degrees and a wind speed of 20 miles per hour equals a wind chill of -40 degrees).

ISOLATION

A winter storm could isolate you in your home for several days. Be prepared to be without electricity and conventional forms of heating and cooking. Some other things to consider are:

- 1 Conserve fuel by keeping the house cooler than normal, or by closing off some rooms temporarily. Keep a reserve supply of heating oil or fuel. Should you experience a power failure (most furnaces are controlled by electronic thermostats), have available some sort of emergency heating equipment and fuel so that you can keep at least one room of the house warm enough to be livable. Common examples of emergency heating equipment are camp stoves, kerosene heaters, and a supply of wood for wood-burning fireplaces. **Remember that the dangers of a house fire and carbon monoxide poisoning exist when emergency heating equipment is not used properly.**
- 2 Keep on hand simple tools and equipment that would be needed to fight a fire, in the event that normal fire-fighting services are delayed or unavailable as a result of the storm.
- 3 Keep on hand flashlights with fresh batteries, or a supply of candles or lanterns to provide light in power failure situations.
- 4 Keep an emergency supply of food on hand (including food that does not require cooking or refrigeration) and also stock an emergency supply of water.
- 5 Keep a battery-powered radio in working order by making sure that batteries (and replacement batteries) are fresh so that you can monitor weather forecasts, emergency broadcasts, and public safety information.

TRAVEL

Avoid all planned trips and any unscheduled travel, unless absolutely necessary. If you must travel, use public transportation (if available). If you are forced to use your automobile for any distance, please take the following precautions:

- Make sure your car is in good condition, properly serviced, and equipped with adequate chains or snow tires.
- Maintain a full tank of gas.
- Keep emergency winter storm supplies in the car, such as a container of sand, shovel, windshield scraper, flares, booster cables, a rope or towline, and a flashlight. It is also a good idea to take along a blanket, gloves, overshoes, extra woolen socks, and winter headgear.
- Carry water or fruit juice, but **don't eat snow**, which lowers the core body temperature.
- Take another person with you, if possible. If you must travel alone, make sure someone knows the route. Carry a cell phone if you have one.
- Travel by daylight and use major highways as much as possible. Keep the car radio turned on for weather and other emergency information.
- Don't be foolhardy. Drive with all possible caution. Don't try to save time by driving faster than road conditions will permit.

Remember to help your neighbors who may need special assistance — infants, elderly people, and people with disabilities.