



WASHBURN COUNTY
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During a winter storm, citizens should do the following:

- Stay indoors.
- Keep tuned to local alerting systems, radio, television, or social media for the latest information.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.
- If outdoor activity is necessary - don't overwork; dress warmly in loose-fitting, layered, lightweight clothing. Wear insulated boots, a hat, and mittens. Mittens will keep hands warmer than gloves.
- Watch for signs of cold weather exposure such as frostbite or hypothermia when outdoors. These include numbness, white or grayish skin and firm or waxy skin, uncontrollable shivering, vague, slow, slurred speech, memory lapses, immobile or fumbling hands, frequent stumbling, lurching walk, drowsiness, exhaustion, and inability to get up after a rest.
- Cold weather exposure can be treated in the following ways: get victim into dry clothing; put victim in a warm bed with a hot water bottle, warm towels, heating pad, or some heat source; concentrate heat on the trunk of the body first; keep the head low and feet up; give victim warm drinks; never give the victim alcohol, sedatives, tranquilizers, or pain relievers; keep the person quiet, don't massage or rub the exposed area, call for professional help if symptoms persist.
- If house is without heat, do the following:
 - Use alternate heat source such as wood stove or fireplace.
 - NEVER heat your house with a gas stovetop or oven.
 - Limit heated area to just one or two rooms. Close off the rest of the house.
 - Hang blankets over windows. Stuff cracks around doors with rugs, towels, or newspapers.
 - Have all family members dress warmly in layers. Eat well-balanced meals and quick energy food such as raisins or other dried fruit.
 - Wear hats and mittens, especially when sleeping.
 - Sleep with several light blankets rather than one heavy one.
- Travel only if essential. If travel is essential - keep a full tank of gas, travel in pairs, convoy with other vehicles, plan travel before starting and select alternate routes, travel during the day, keep radio on for the latest weather information, and seek shelter immediately if the storm becomes worse.
- If trapped in a vehicle during storm - avoid overexertion, stay in vehicle, keep fresh air in the vehicle, beware of carbon monoxide poisoning, run motor / heater only when necessary, turn on inside light at night so work crews can see vehicle, exercise by clapping hands and moving arms and legs from time to time, avoid staying in one position, keep watch - one person should always stay awake.

Immediately after a winter storm, citizens should do the following:

- Avoid overexertion when shoveling snow to reduce the risk of a heart attack.

- Check gas lines for leaks. If gas is smelled, open windows and shut off main valve. Leave and report gas leakage to authorities.
- Report frozen/broken sewer or water mains to local authorities.
- Replenish items used from winter storm kits.
- Stay away from disaster areas. Sightseeing interferes with rescue efforts.
- Keep tuned to radio, television, and social media for advice and instructions. Government should be providing information on where medical attention can be obtained, where to go for emergency assistance such as housing, clothing, food, etc. and other ways in which a citizen can recover from the winter storm emergency.