

What To Do In Case of Lightning Storms

1. Stay or move indoors or in a car. If that is not possible, move to a low area and crouch down. Do not lie down.
2. Avoid hilltops and tall trees.
3. Avoid plumbing fixtures and appliances. Do not take a shower during a lightning storm.
4. Do not use phones or electrical equipment.

What To Do When Stranded In a Winter Storm

At Home or In a Building

1. Stay inside.
2. Use telephones only for life-threatening emergencies.
3. Use fire safeguards for heat. Remember to properly ventilate. If there is no heat, close off unneeded rooms and cover cracks under doors. Cover windows at night.
4. Eat and drink plenty.
5. Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration, and chills. Wear a hat.

Outside

1. Find shelter and stay dry.
2. Cover all exposed body parts.
3. If there is no shelter, then prepare a lean-to, wind break, or snow cave for protection from the wind.
4. Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

In a Vehicle

1. Mark your location and make yourself visible for rescuers. Turn on the dome light at night when the engine is running. Tie a colored cloth, preferably red, to your antenna or door. Raise the hood to indicate trouble after snow stops falling.
2. Avoid falling asleep.
3. Avoid eating snow as it will lower your body temperature. If you must use snow for hydration, melt it first.
4. Stay in the vehicle. Disorientation occurs quickly in the snow and cold.
5. Run the motor for ten minutes each hour for heat. Slightly open a window for fresh air and to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.
6. Exercise from time to time to keep blood circulating and to keep warm.