

Winter Survival

Prepare car for winter

- have radiator system serviced
- replace windshield wiper fluid with a wintertime mixture
- replace any worn tires and check air pressure in the tires
- keep the tank near full to help avoid ice in the tank and fuel line freeze

Winter Survival Kit for your car

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- cell phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth

What to do if you get stranded

- Stay in car if at all possible
- Tie a brightly colored cloth on the antenna as a signal to rescuers and raise the hood of the car if it is not snowing
- Wrap entire body, including your head, in extra clothing, blankets
- Stay awake. You will be less vulnerable to cold related health problems
- Run the motor (and heater) for about 10 minutes per hour, opening one window to let in air. Make sure that snow is not blocking the exhaust pipe-this will decrease the risk of carbon monoxide poisoning
- As you sit, keep moving your arms and legs to improve your circulation and keep warmer
- Do not eat unmelted snow because it will lower your body temperature
- Huddle with other people for warmth

Source: CDC- www.bt.cdc.gov/disasters/winter/guide