

# Know What To Do:

## Winter Storms



Winter weather in Texas lasts from November through March. Winter storms are possible throughout this season, prepare now in the event the weather turns bitterly cold, windy, and snowy. Winter weather can be deadly.

Follow these suggestions to prepare yourself and vehicle:

### **Yourself**

First and foremost, remember that babies, the elderly and people who are ill are at higher risk from the cold.

- Try to keep these individuals indoors. Health issues can be exacerbated by becoming hypothermic.
- If you have to go outside in the cold, wear loose-fitting, layered clothes. The layer of clothes will keep warm air in towards your body and act as insulation from the cold.
- Outer garments should be tightly woven and water-repellent to prevent cold air from getting close to your body.
- Wear mittens rather than gloves—mittens are warmer.
- If you shovel snow, do stretching exercises to warm up. If you have any medical conditions, especially high blood pressure, heart disease or history of stroke, do not shovel snow at all. If you do decide to shovel, take breaks often.
- Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Avoid working too hard (strains your heart) and drink water to avoid dehydration.
- Signs of frostbite are a feeling of “pins and needles” followed by numbness, skin may freeze hard and look white and when you thaw it out, the skin is red and painful, may cause blisters or gangrene (black, dead tissue). Frostbite is a localized condition, but sometimes the whole body becomes cold causing hypothermia.
- Signs of hypothermia are uncontrolled shivering, slow speech, memory loss, stumbling, sleepiness and extreme fatigue.
- If you think you have frostbite or hypothermia, don’t eat or drink anything containing caffeine or alcohol as they can worsen your symptoms. Drink warm liquids that do not contain caffeine or alcohol.

**You may also contact (866) 258-4913 for recorded information regarding class and office status.**

Radio stations: WBAP (820 AM), KRLD (1080 AM), The Ticket, KERA (90.1 FM), KHVN (970 AM), KLUV (98.7 FM), The Merge (93.3 FM), KLIF (570 AM), and the Wolf (99.5 FM).

Television Stations: channels 4, 5, 8, 11, and 33.

### **Your Vehicle**

- Make sure that your vehicle is serviced before the beginning of winter weather.
- Check your tires for the right pressure and make sure they have sufficient tread to get you through the season.
- Verify vehicle exhaust is in good shape and that there are no leaks allowing the exhaust to get into your auto.
- Do not leave your vehicle running when the snow is high as exhaust buildup under the vehicle will seep into the passenger department.