***Blizzard:***

*If indoors*:

• Stay calm and await instructions from the Emergency Coordinator or the designated official.

• Stay indoors!

• If there is no heat:

- Close off unneeded rooms or areas.

- Stuff towels or rags in cracks under doors.

- Cover windows at night.

• Eat and drink. Food provides the body with energy and heat. Fluids prevent dehydration.

• Wear layers of loose-fitting, light-weight, warm clothing, if available.

*If outdoors*:

• Find a dry shelter. Cover all exposed parts of the body.

• If shelter is not available:

- Prepare a lean-to, wind break, or snow cave for protection from the wind.

- Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

- Do not eat snow. It will lower your body temperature. Melt it first.

*If stranded in a car or truck*:

• Stay in the vehicle!

• Run the motor about ten minutes each hour. Open the windows a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.

• Make yourself visible to rescuers.

- Turn on the dome light at night when running the engine.

- Tie a colored cloth to your antenna or door.

- Raise the hood after the snow stops falling.

• Exercise to keep blood circulating and to keep warm.