



WINTER CAR SAFETY

Before you go, consider the following safety tips:

- Keep others posted of your traveling plans.
- Keep a full tank of gas.
- Pack emergency supplies such as:
 - Blankets
 - Flashlights
 - First aid kit
 - Dry or canned food and can opener
 - Matches
 - Candles
 - Drinks
- If stranded, run car and heater for 10 minutes each hour to stay warm.
- Make sure windows are slightly open.
- Make sure exhaust pipe is not covered with snow while engine is running.
- Find way to notify others passing by that you are stranded and need assistance.
- If you have a cell phone, keep it charged. Dial ***55** for help.

WIND CHILL

Wind chill is the temperature felt on exposed skin due to the effect of wind on the air temperature. As the wind blows faster, body heat is lost more quickly, making it feel colder. During extreme cold, it's important to cover all exposed skin to keep it from freezing; cover your mouth to protect your lungs.

		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite occurs in 15 minutes or less

During extreme cold, many cities offer shelters. For assistance call **United Way Referral** at **211** or contact community outreach programs and social support services.

You can also contact your local public health agency for information on services such as:

- Homeless shelters
- Community warming centers
- Assistance for paying heating bills
- Home inspections and evaluations



PETS

Take care of outdoor pets. They are also susceptible to the extreme cold temperatures.

MISSOURI DEPARTMENT OF HEALTH AND
SENIOR SERVICES
BUREAU OF ENVIRONMENTAL EPIDEMIOLOGY
P.O. BOX 570
JEFFERSON CITY, MO 65102-0570
573-751-6102

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FRIGID
WITH A
CHANCE OF
FROSTBITE



MISSOURI DEPARTMENT OF
HEALTH AND SENIOR SERVICES

FROSTBITE

Frostbite is the actual freezing of the tissue or a body part. It often affects the ears, nose, fingers and toes. Watch for the following:

- Numbness
- Reduced blood flow
- Pale or waxy white or grey skin
- Aching in the affected body part
- Tingling or stinging sensation

If frostbite is detected, seek medical attention. If there is frostbite but no sign of hypothermia and immediate medical care is not available, do the following:

People who participate in any outdoor activity should:

- Increase fluid intake and avoid alcoholic beverages.
- Wear loose fitting, layered, lightweight clothing.
- Wear protective gear like hats, scarves and gloves.
- Take frequent breaks in a warm place and schedule time outdoors during the warmest part of the day.
- If possible, avoid activities that would cause sweating.
- Stay dry.

HYPOTHERMIA

Hypothermia is an abnormally low body temperature and is considered more dangerous than frostbite. It is caused by the general cooling of the body and can quickly become life threatening. If the body temperature drops below 86°F, death can occur. Watch for the following:

- Apathy
- Weakness
- Drowsiness
- Exhaustion
- Uncontrolled shivering. In severe cases, shivering stops.
- In infants, skin turns bright red and cold
- Infants with a low energy level
- Numbness
- Glassy stare
- Impaired judgment
- Loss of consciousness



- Move to a warm dry area.
- Remove wet or tight fitting clothes.
- Avoid walking on frostbitten toes or feet.
- DO NOT rub affected area, this can cause more damage.
- DO NOT use a heating pad, heat lamp or stove, fireplace or radiator for warming.
- Gently place affected area in warm water- DO NOT use water any hotter than 105°F.
- After warming injured area, wrap in sterile gauze, keeping fingers and toes separated.
- If normal sensations haven't returned in 30 minutes, seek medical attention.

MEDICATIONS

Medications can increase the risk of temperature related illnesses. Consult your doctor regarding medications you are taking. Some of these medications are:

- Antidepressants
- Anti-Parkinson drugs
- Psychiatric drugs
- Some antihistamines
- Sleeping pills
- Laxatives
- Diuretics or water pills
- Heart medications
- Amphetamines
- Chemotherapy drugs

Call **911** for immediate medical attention! Until medical attention arrives:

- Gently move victim to a warm place.
- Remove wet clothing and dry the skin.
- Monitor the victim's temperature.
- Monitor the victim's blood pressure and breathing.
- If needed, give rescue breathing and CPR.
- Warm the body core first, NOT the extremities.
- DO NOT warm the victim too fast. Rapid warming may cause heart arrhythmias.