

PENTAGON EMERGENCY MANAGEMENT



Winter Preparedness Protect Yourself

Bundle Up Buttercup! According to the National Weather Service, we're witnessing the coldest temperatures in 20 years. Bitterly cold weather is nothing to ignore because it only takes minutes for frostbite to begin in sub-zero temperatures. Extreme cold has many consequences: frostbite, hypothermia, frozen pipes, dead car batteries, carbon monoxide poisoning, and death. 13 deaths have been attributed to the cold front. This newsletter will help you to mitigate the hazards associated with extreme cold. First, let's discuss how to protect yourself.

Protect Yourself from Hypothermia and Frostbite

Physical Protection:

- Dress in loose-fitting, layered, lightweight clothing
- Outer garments should be tightly woven and water repellant
- Mittens are warmer than gloves, because fingers generate warmth when they touch each other
- Keep dry; change wet clothing frequently to prevent loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly

Signs & Symptoms of Frostbite:

- Loss of feeling – go inside
- Pale appearance in toes, fingers, or nose and ear lobes – onset of frostbite; gently warm the area with warm (room temperature), not hot water or with wet heat until area appears red and warm



Signs & Symptoms of Hypothermia:

- Uncontrollable shivering
- Slow speech
- Memory lapses
- Frequent stumbling
- Drowsiness
- Exhaustion

NOTE: If you suspect hypothermia, call 911 and begin warming the trunk of the person's body, not the fingers and toes

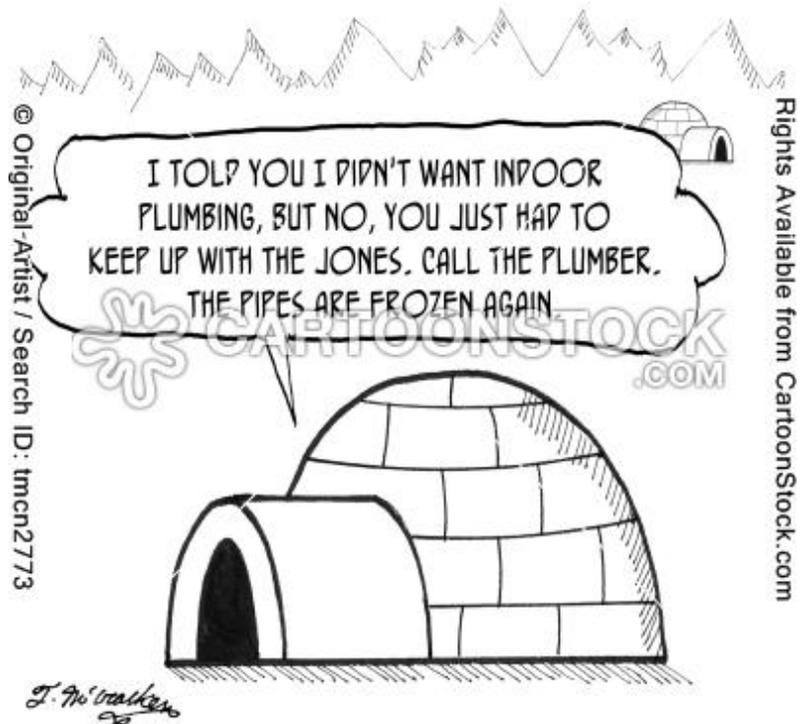


Protect Yourself from Carbon Monoxide Poisoning

- Install UL approved carbon monoxide detectors
- Never burn charcoal in an unventilated area
- Never use a generator inside your home
- Check chimney and flues for proper ventilation
- Never use unvented combustion heaters indoors
- Never run your car in the garage with the garage door closed
- Never use a gas range to heat your home

Protect Yourself by Protecting Your Home

- Know how to shut off the water main valve in case of a water line freeze or burst pipe
- Leave cabinets to water pipes open to ensure warm air flow
- Remove hoses from outdoor water faucets
- Turn off water to all outside faucets
- If using an alternate heating source (propane heater) with a flame, ensure it remains at least 3 feet from objects; keep fire extinguisher on hand



Protect Yourself by Protecting Your Vehicle

- Ensure your car has at least ½ to full tank of gas
- Ensure antifreeze levels are sufficient
- Ensure battery is in good condition
- Minimum car emergency kit:
 - Booster cables
 - Sand/kitty litter for traction
 - Blanket
 - Matches
 - Water and high protein snacks

Begin today protecting yourself against the hazards of winter at home or on the road.

For more information on winter preparedness, follow the links below.

Useful Links

- Current/Forecast Weather:
 - National Weather Service (NWS) - <http://www.nws.noaa.gov/>
- Preparedness:
 - DHS/FEMA Ready - <http://www.ready.gov/winter-weather>
 - American Red Cross - <http://www.redcross.org/prepare/disaster/winter-storm/>
 - Ready Navy – <http://www.ready.navy.mil>

Point of Contact:

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