Snow and ice present different hazards than just lower temperatures. Dress properly before traveling.

**Personal protection**

- Dress in layers and keep dry. Cover extremities (head, hands, feet), especially if they could get wet.
- Develop a family communication plan in case you are separated when the snow event occurs
- Know the symptoms of cold-related health issues such as frostbite and hypothermia and seek medical attention if health conditions are severe ([emergency.cdc.gov/disasters/winter](http://emergency.cdc.gov/disasters/winter))
- Bring your pets indoors or ensure they have a warm shelter area with unfrozen water

**At Work**

- Walk in areas that have been cleared and deicer applied
- Be careful when walking through snow covered areas that may be covering ice
- Take extra time when traveling to meetings so you don’t try to rush through the snow
- Walk like a penguin. Point your feet slightly out and shuffle as you walk over ice.
- Report facility issues to your building manager, the Work Coordination Center 737-2969, or Public Safety for response

**At Home**

- Be prepared for power failures and loss of electrical heat
- Have extra blankets on hand, working flashlights, and food that can be eaten without being heated
- Use non-flame devices to provide light. During power outages, there is an increased risk of home fires due to unattended candles or other burning devices.
- Keep a water supply available that won’t freeze
- Check your smoke and carbon monoxide detectors to make sure they are working properly.
- Conserve fuel and heat. Close doors to unused or underutilized rooms.
- Do not drink alcoholic or caffeinated beverages. They cause you to lose heat more rapidly
- Infants and elderly require extra attention due to sensitivity to temperature fluctuations

**In your Car**

- Make sure your vehicle has an emergency kit that includes an ice scraper, blanket and flashlight – and keep the fuel tank above half full.
- Before you travel, tell people where you are going and when to expect your arrival
- Check ODOT Tripcheck before you travel ([tripcheck.com](http://tripcheck.com))
- If you have to travel, leave extra time for the trip
- Invest in good snow tires and mount them before the snow storm arrives

**References**

- [http://emergency.cdc.gov/disasters/](http://emergency.cdc.gov/disasters/)
- [http://www.disastersrus.org/emtools/hazard_specific_pages.htm](http://www.disastersrus.org/emtools/hazard_specific_pages.htm)

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