



## A Well-Stocked Car in Winter Can Save Your Life

By Patti Hill, Contributing Editor, Borough News

Chances are most of us remember debilitating winter storms in recent years.

The Blizzard of 1993, the Valentine's Day Storm of 2007, or the memorable winter snowstorms of 2015.

If fate brings you to a situation of being stranded in your car, here are some tips for you to be more comfortable, and most importantly, survive.

Stay in your vehicle, keep warm by running the engine periodically for 10 minutes per hour, use blankets, and if at night, stay visible by turning on the dome light. Tie a colored cloth to the antenna (preferably red). Keep a well-stocked car emergency kit with essentials.

### Immediate Actions

- Stay put: Remain in your vehicle (unless you can see shelter nearby), as it is warmer than the outside, and offers a known location for rescuers.
- Make yourself visible: Turn on the dome light at night and tie a brightly colored cloth (preferably red) to your antenna or door handle.
- Protect yourself from carbon monoxide:
  - Make sure the exhaust pipe is not blocked by snow before running the engine.
  - When running the engine for heat, open a window slightly for ventilation.
  - Run the engine for about 10 minutes each hour to conserve fuel and heat the cabin.

# TOP TIPS

### Staying Warm and Active

- Use layers: Put on extra clothing and use blankets to insulate the car's interior.
- Huddle: If with others, huddle together to share body heat.
- Exercise: Move your arms, legs, fingers, and toes to keep your blood circulating and stay warm. goals.

### Building and Using Your Emergency Kit

#### Warmth and comfort

- Blankets, sleeping bags, extra hats, gloves, and socks.
- Hand warmers.
- Visibility and communication:
  - Flashlight with extra batteries.
  - Cell phone and car charger.
  - Flares or reflective warning triangles.

#### Tools and supplies

- First-aid kit.
- Ice scraper and snow brush.
- Small shovel to dig your way out if needed.
- Jumper cables.
- A multi-tool.
- Sand, salt, or non-clumping cat litter for traction (you can use floor mats behind your tires if you don't have these items).

#### Food and drink

- Bottled water.
- Non-perishable food and energy bars.

Prepare your vehicle, ensure the car is in good working condition by checking the battery, antifreeze, windshield wipers, washer fluid, and consider getting winter tires.

Always let someone know your route and your expected arrival time. **B**