

IF MEDICAL CARE IS NOT AVAILABLE:

- ☞ Begin warming the person slowly, warm the body core first. If needed use your own body heat to help.
- ☞ Get the person into dry clothing and wrap them in a warm blanket covering them completely, including the head and neck.
- ☞ Do not give the person alcohol, drugs, coffee, or any hot beverage or food; warm broth is better.
- ☞ Do not warm extremities (arms & legs) first! This drives the cold blood toward the heart and can lead to heart failure.
- ☼ **Heart Attack:** Strain from the cold and hard labor may cause a heart attack.
- ☞ Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snows, especially if you are not in peak physical condition.
- ☞ If you must shovel snow, take it slow and lift small amounts, especially when removing heavy snow, slush or ice.

Food & Drink

Food provides the body with energy for producing its own heat. Keep the body replenished with fluids (water and juice; limit your intake of caffeine and alcohol) to prevent dehydration.

☼ PREPARE IN ADVANCE:

- ☞ Keep extra blankets on hand, check battery powered equipment. Store spare batteries.
- ☞ If you have propane or oil heat, check your fuel supply.
- ☞ Check your food supply and stock up on basic items.
- ☞ Winterize your car, keep the fuel tank full.

☼ DRESS APPROPRIATELY:

- ☞ Wearing a hat prevents the loss of half your body heat.
- ☞ Gloves and warm socks help protect fingers and toes, which is where you can first feel the effects of cold temperatures.
- ☞ Wear layers of loose-fitting, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill. Layering also helps you prepare for different conditions and activities.
- ☞ Use three essential layers:
 - Underwear - choose long underwear, or thin, snug-fitting pants with a long-sleeved T-shirt or turtleneck.
 - Insulation - sweaters, sweatshirts, and other similar garments are good insulators.
 - Outer Shell - Choose garments that are windproof, and preferably waterproof. Good fit is crucial.

Bergen County Office of Emergency Management
201-634-3100 or www.bcoem.org

