# A screen shot of a computer Description automatically generatedStranded in winter weather

It is always an unfortunate event to be stranded on the side of the road. However, it can be dangerous and even life threatening in freezing temperatures. There are steps we can take to be prepared and react in the right way to stay safe and get the help we need.

*What should we do if we get stranded in the car during cold weather?*

* Tie a brightly colored cloth to the antenna as a signal to rescuers.
* Wrap entire body, including head, in extra clothing, blankets, or newspapers.
* Stay awake. There will be less vulnerability to cold-related health problems.
* Run the motor and heater for about 10 minutes per hour, opening the window slightly to let in air. Make sure that snow is not blocking the exhaust pipe to reduce the risk of carbon monoxide poisoning.

*Prepare an emergency kit for your car:*

* Cell phone; portable charger and extra batteries
* Shovel
* Ice scraper
* Flashlight and extra batteries
* Battery-powered radio and extra batteries
* Water

Think ahead and plan for weather emergencies before venturing out in inclement weather.

* Snack food
* Blankets
* Chain or rope
* First aid kit
* Road salt and sand
* Booster cables
* Compass

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