



### Outdoor Safety During a Winter Storm

You should try to stay indoors during extremely cold weather. If you need to go outside, make any trips as brief as possible, and remember these tips below to protect your health and safety.

#### Take Action

- Dress warmly and stay dry.
- If you are stranded, it is safest to stay in your car.

#### Dress in Layers

**Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton.

**Insulation Layer:** An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool or goose down, or fleece work best.

**Outer Layer:** The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.



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**Staying in your vehicle when stranded** is often the safest choice if winter storms create poor visibility or if roadways are ice covered. You should consider keeping the following items. Some items to keep in your car in case you would become stranded are:

- Blanket - to help keep you warm
- Energy Bars - to provide you with stomach-filling protein
- Bottled Water - to help keep you hydrated
- Snow Shovel - to help keep the exhaust pipe free from snow

Be sure to check out [www.Ready.Pa.gov](http://www.Ready.Pa.gov) for further information.



## Frostnip, Frostbite and Hypothermia Fact Sheet

### Frostnip (a mild form of frostbite)

#### Symptoms:

Skin irritation, redness and cold feeling, followed by numbness. Frostnip doesn't permanently damage the skin.

#### Treatment:

Cover affected area with gloves, hat, earmuffs, hood, and scarves. Medical treatment is not necessary.

### Frostbite (the freezing of the skin and body tissue)

#### Symptoms:

Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face, and the tip of the nose.

#### Treatment:

Get the victim into a warm location. Cover exposed skin, but do not rub the affected area. Seek immediate medical attention.

### Hypothermia (a life-threatening abnormally low body temperature)

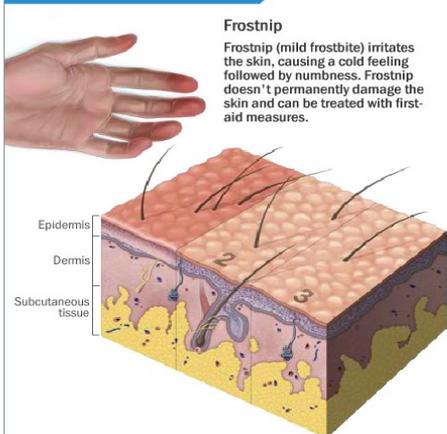
#### Symptoms:

Shivering, exhaustion, confusion, memory loss, and slurred speech.

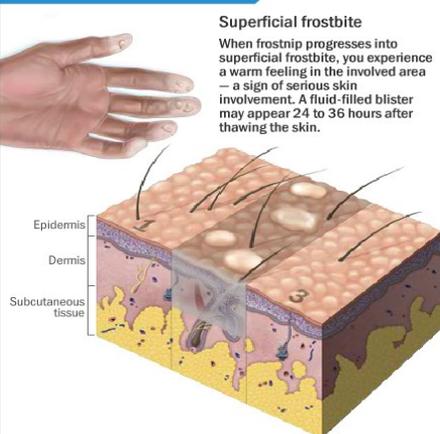
#### Treatment:

If symptoms of hypothermia are detected take the person's temperature. If it is below 95°, seek medical attention immediately. Get the victim to a warm location. Remove wet clothing. Warm the center of the body first by wrapping the person in blankets or putting on dry clothing. Give them warm, non-alcoholic beverages if the person is conscious.

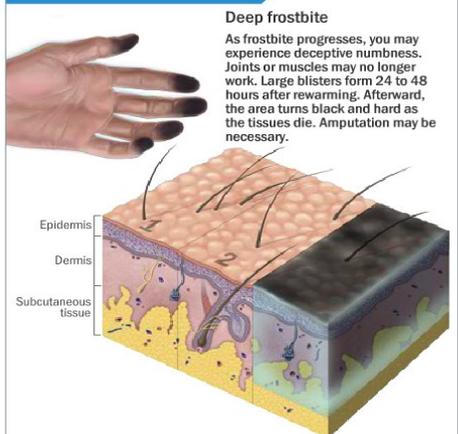
#### 1st Degree



#### 2nd Degree



#### 3rd Degree



## Pets and the Cold

Cats and dogs are susceptible to frostbite and hypothermia and should be kept inside, just like people. Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods of time in below-freezing weather.

**Remember,  
if you're cold, they're  
cold. Bring them inside.**



### HOW CAN YOU HELP?

- 🕒 Note the date, time, exact location, and type of animal(s) involved.
- 📄 Jot as many details as possible before contacting animal control or local law enforcement with your complaint.
- 📞 Follow up in a few days if the situation has not been remedied.

## Groundhog Day

Will Punxsutawney Phil not see his shadow this year and predict an early spring or will Phil see his shadow and predict six more weeks of winter? We'll have to wait until February 2nd to find out the answer.

Until Groundhog Day, here is some Punxsutawney Phil trivia.



1. **Phil's full name is a mouthful.** The groundhog's name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary.
2. **Phil is fat.** Punxsutawney Phil weighs about 20 pounds and is 22 inches long, while the average groundhog weighs 12-15 pounds and is 20 inches long.
3. **Phil has a wife.** Her name is Phyllis - of course.



## Fun Facts About Cold Weather

### The Absolute Cold

It may sound like science fiction, but there is a scientific measurement for the coldest it can ever be. Zero degrees on the Kelvin Scale ( $-459.67^{\circ}$  F) is the coldest matter can ever get. At that point it's so cold even your atoms fall apart.

### The Coldest On Earth

Last year, on December 10th the coldest temperature ever recorded on Earth took place. On a high ridge in Antarctica the temperature reached  $-133.6^{\circ}$  F.

### Warming Up the Car

It's a common practice to let your car run for several minutes before actually driving it. While this might help you feel warmer when you get inside, it doesn't benefit your car. Almost all engines are just fine being driven right from ignition, no matter what the temperature.

### Getting Sick

A common misconception is that being out in the cold will make you sick. This is a popular tall tale that untrue. Getting a "cold" is a virus or bacteria that makes you sick, not the weather.

### Big Snowflakes

The biggest snowflakes ever found fell in 1887 in Montana. The snowflakes measured 14.9606 inches across and 7.87402 inches thick! Watch out for these falling crystals.

### Winter 2017-2018 Cold Snap

Parts of the Pennsylvania experienced one of their coldest late December through early January periods on record. Numerous record lows were set and wind chills in the 50s below zero were observed.

The New Year's Day morning record temperature for Harrisburg was  $-2^{\circ}$ .

## Pennsylvania Fun Facts About Cold Weather

The coldest recorded air temperature in Pennsylvania was in Smethport, McKean County. It was  $-42^{\circ}$  on January 5, 1904.

The coldest temperatures in select Pennsylvania cities are as follows:

Scranton/Wilkes-Barre	- $21^{\circ}$
Philadelphia	- $11^{\circ}$
Williamsport	- $20^{\circ}$
Harrisburg	- $22^{\circ}$
Pittsburgh	- $22^{\circ}$
Erie	- $18^{\circ}$



## PEMA is Social!

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## PEMA Can Also be Found on the Web!

*Be Informed, Be Prepared, and Be Involved!*



[www.Ready.PA.gov](http://www.Ready.PA.gov)



**pennsylvania**

EMERGENCY MANAGEMENT AGENCY

[www.pema.pa.gov](http://www.pema.pa.gov)

### Preparedness Events in February

**Groundhog Day (February 2<sup>nd</sup>)**

([www.groundhog.org](http://www.groundhog.org))

**American Heart Month**

([www.heart.org](http://www.heart.org))

**National Burn Awareness Week (February 4<sup>th</sup> through the 10<sup>th</sup>)**

(<http://ameriburn.org/prevention/burn-awareness-week/>)

### Additional Resources

Pennsylvania Emergency Management Agency: [www.pema.pa.gov](http://www.pema.pa.gov)

ReadyPA: [www.Ready.PA.gov](http://www.Ready.PA.gov)

SERVPA: [www.Serv.PA.gov](http://www.Serv.PA.gov)

Federal Emergency Management Agency: [www.fema.gov](http://www.fema.gov)

Office of the State Fire Commissioner: [www.osfc.pa.gov](http://www.osfc.pa.gov)

Pennsylvania Department of Human Services: [www.dhs.pa.gov](http://www.dhs.pa.gov)

Pennsylvania Department of Health: [www.health.pa.gov](http://www.health.pa.gov)

PA State Animal Response Team: [www.pasart.us](http://www.pasart.us)

PA Department of Transportation: [www.penndot.gov](http://www.penndot.gov)

PA511Connect: [www.511pa.com](http://www.511pa.com)

Pennsylvania State Police: [www.psp.pa.gov](http://www.psp.pa.gov)



# Are you ReadyPA?

## ACTION SHEET

### Know the stages of frostbite

#### Symptoms

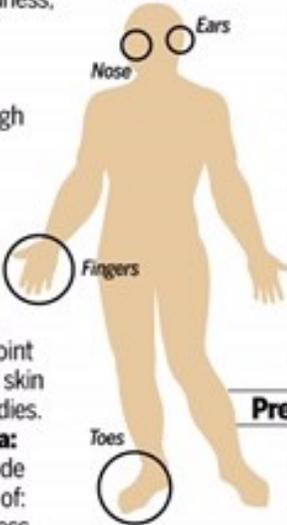
■ **Frostnip:** skin is irritated with redness; prickliness and numbing.

■ **Superficial frostbite:** Though cold, skin feels warm; blisters develop within 24-36 hours.

■ **Frostbite:** Loss of sensation; large blisters; loss of joint and muscle use; skin turns black and dies.

■ **Hypothermia:** Symptoms include varying degrees of: shivering, dizziness, hunger, nausea, lack of coordination, drowsiness, weak pulse, slow shallow breathing, trouble speaking.

#### Vulnerable areas



#### Treatment

■ **Warming:** Warm up affected areas slowly with lukewarm water; **do not** rub skin or use direct heat.

■ **Medicine:** Take ibuprofen for pain and to reduce swelling.

■ **Monitor:** If numbness persists after warming and blisters develop, seek medical attention. Also watch for signs of hypothermia.

#### Prevention

■ **Put on proper clothing:** Use layers of loose, warm clothing; use windproof outer garments, fully cover head and extremities.

#### Wind chill chart

Wind removes the protective layer of air next to your skin, accelerating heat loss.

#### FROSTBITE CAN OCCUR IN:

■ 5 MINUTES ■ 10 MINUTES ■ 30 MINUTES

		TEMPERATURE IN DEGREES FAHRENHEIT																
		-45	-40	-35	-30	-25	-20	-15	-10	-5	0	5	10	15	20	25	30	35
WIND SPEED IN MILES PER HOUR	5	-63	-57	-52	-46	-40	-34	-28	-22	-16	-11	-5	1	7	13	19	25	31
	10	-72	-66	-59	-53	-47	-41	-35	-28	-22	-16	-10	-4	3	9	15	21	27
	15	-77	-71	-64	-58	-51	-45	-39	-32	-26	-19	-13	-7	0	6	13	19	25
	20	-81	-74	-68	-61	-55	-48	-42	-35	-29	-22	-15	-9	-2	4	11	17	24
	25	-84	-78	-71	-64	-58	-51	-44	-37	-31	-24	-17	-11	-4	3	9	16	23
	30	-87	-80	-73	-67	-60	-53	-46	-39	-33	-26	-19	-12	-5	1	8	15	22
	35	-89	-82	-76	-69	-62	-55	-48	-41	-34	-27	-21	-14	-7	0	7	14	21
	40	-91	-84	-78	-71	-64	-57	-50	-43	-36	-29	-22	-15	-8	-1	6	13	20
	45	-93	-86	-79	-72	-65	-58	-51	-44	-37	-30	-23	-16	-9	-2	5	12	19
50	-95	-88	-81	-74	-67	-60	-52	-45	-38	-31	-24	-17	-10	-3	4	12	19	
55	-97	-89	-82	-75	-68	-61	-54	-46	-39	-32	-25	-18	-11	-3	4	11	18	
60	-98	-91	-84	-76	-69	-62	-55	-48	-40	-33	-26	-19	-11	-4	3	10	17	

Sources: Mayo Clinic, Human Anatomy and Physiology; TNS; National Weather Service

Journal Sentinel

#### FROSTBITE

Frostbite is caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. You may have a greater risk of developing frostbite if you:

- Have poor blood circulation
- Are not properly dressed for extremely cold temperatures

#### WIND CHILL

Wind Chill is the temperature it “feels like” outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. Wind Chill does not impact inanimate objects like car radiators and exposed water pipes, because these objects cannot cool below the actual air temperature.

#### Know the Terms



**Wind Chill Advisory** - A wind chill advisory is issued when wind chill temperatures are potentially hazardous. Wind chill index lower than -10°F or -15°F for at least three hours, depending upon where you live.



**Wind Chill Warning** - A wind chill warning is issued when wind chill temperatures are life threatening — the wind chill index is below -25°F for at least three hours.