



Winter Travel and Outdoor Safety

Driving in a Winter Storm

- Travel only if necessary.
- Always dress as if you were going to get stranded. Wear a hat, mittens, scarf, winter coat, and boots.
- Keep an emergency kit in your car at all times.
- Call 511 for traffic updates and highway closures due to winter weather.
- Avoid driving at night and avoid driving alone.
- If possible, drive only on main highways and avoid country roads.
- Avoid driving in low-visibility conditions and on icy or snow-covered roads, bridges, and overpasses.
- Notify a friend or family member of your destination and expected time of arrival and return.
- If conditions become too hazardous, pull off the road and turn your hazard lights on. Notify emergency services of your location.

What to Do When Stranded

- Stay inside your vehicle, turn your hazard lights on, tie a bright cloth to your antenna, and notify emergency services of your location.
- Remove snow from around your tail pipe to prevent carbon monoxide buildup.
- Run your heat for 10 minutes every hour. Crack your window for ventilation.
- Wrap yourself in extra clothes and blankets.
- Stay awake and move your arms and legs routinely to keep blood flowing.

What to Wear

Staying dry is essential to safety during winter weather. If you must work outside, dress properly, change into dry clothes often, and if you get wet, change into dry clothes when you return indoors. Winter clothing suggestions include:

- Scarf, mittens, and a hat
- Several layers of loose-fitting clothing that cover legs and arms
- Outerwear that is wind and water resistant
- Water resistant boots

Avoiding Exertion

Do not overexert yourself outdoors during extreme cold or a winter storm. Sweating will cool your body.

- If you are shoveling snow or doing other outdoor chores, take frequent breaks indoors and work slowly.
- Do not shovel if you have heart disease or high blood pressure, as the cold puts more stress on your cardiovascular system.
- Shivering is the first sign it is time to return indoors. Listen to your body and go inside.



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