



You should avoid non-essential travel when the National Weather Service has issued advisories. If you must travel, it's a good idea to tell a friend or relative of your route and expected time of arrival. Be sure to review these tips in case you should ever be stranded in your vehicle.

## Safety Rules When Stranded:

- Make your vehicle visible. Tie a bright-colored cloth to the antenna, raise the hood if it's not snowing, and turn on the inside overhead lights when your engine is running.
- Move anything you need from the truck to the passenger area. Stay with your vehicle.
- Keep your body warm — wrap yourself including your head in extra clothing and blankets. Huddle with other people if you're not alone.
- Stay awake and moving. As you sit, keep moving your arms and legs to improve circulation and to stay warmer.
- Run the motor and heater for about 10 minutes per hour, opening one window slightly to let in air. Make sure snow is not blocking the exhaust pipe. This is very important in reducing the risk of carbon monoxide poisoning.

*Information provided by the Centers for Disease Control and Prevention "Stay Safe and Healthy in Winter".*