



# Winter Car Safety

## Hypothermia and Carbon Monoxide (CO) Poisoning

When out in freezing weather, a person's body begins to lose heat faster than it can be produced. If you are stranded in your car, prolonged exposure to cold will eventually use up your body's stored energy causing hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and may not be able to do anything about it.

Likewise, carbon monoxide poisoning is a concern for persons stranded in a vehicle. Check the exterior of the car making sure the tailpipe is not blocked with snow or debris while waiting for assistance. Run the engine and heater ten minutes out of every hour. And keep a downdraft window cracked.

### Recognize Hypothermia:

Warning signs of hypothermia:

#### Adults:

Shivering, exhaustion  
confusion, fumbling hands,  
memory loss, slurred speech,  
drowsiness

#### Infants:

Bright red, cold skin  
very low energy

### Recognize CO Poisoning:

Carbon Monoxide Poisoning  
Symptoms and Health Effects:  
Headache, dizziness,  
nausea, unconsciousness,  
high levels can cause death

### Winter Car Safety Kit:

Battery Powered radio	Paper towels
Blankets	Plastic bags to dispose of human waste
Booster cables	Road maps
Bright colored flag, help signs	Road salt, sand and clay non-clumping kitty litter
Cell Phone, Portable charger	Small Shovel
Chain or rope tire chains	Snack food
Compass	Tool kit
Emergency Flares	Water
Extra hats, coats, mittens	Waterproof matches and a can to melt snow for water
First aid kit	Windshield Scraper
Flashlight and batteries	