



**American  
Red Cross**

of Northeastern New York

## **Slippery roads and icy bridges? Stay on track with these tips from the American Red Cross.**



The American Red Cross offers the following tips to help people prepare for the unexpected when traveling.

### **Winter-proof your vehicle:**

- Get your vehicle checked by a mechanic and pay attention to the battery, tire pressure, heater, defroster, wiper blades and washer fluid.
- Carry a disaster supplies kit in your vehicle at all times.
- Make sure you include winter items like shovel, windshield scraper, blankets and warm clothing, flares, jumper cables, and sand or cat litter for traction.
- Ensure that you have a full tank of gas to avoid ice build-up in the fuel tank and fuel lines.

### **Before you hit the roads:**

- Let your family or friends know your destination, your primary and alternate routes, and when you expect to arrive. If your vehicle gets stuck along the way, help can be sent along your predetermined route.
- Pay attention to the weather forecast. Your local TV and radio stations can provide updated storm information that can help you avoid treacherous weather.
- Motorists should also be cautious about animals on the highway. Stay alert for deer-crossing signs.

### **If you are stranded:**

- Stranded drivers should stay with the vehicle and not try to walk to safety. You can quickly become disoriented in wind-driven snow and run the risk of developing hypothermia and frostbite.
- Exercise your arms and legs to maintain body heat.
- Change out of wet clothing, using dry replacements from your supplies kit to prevent hypothermia.
- Use the heater for 10 minutes every hour and leave the overhead light on when the engine is running so you can be seen.
- Keep the exhaust pipe clear so fumes won't back up in the vehicle
- Make it easier for rescuers to find you by tying a brightly colored cloth to the antenna
- After the snow has subsided, raise the hood to indicate you need help.

For more safety tips and information on other American Red Cross programs, please visit [www.redcrossneny.org](http://www.redcrossneny.org), or call (518) 458-8111.