



# Volunteer Link

KNOX COUNTY HEALTH DEPARTMENT

WINTER PREPAREDNESS

## SPECIAL POINTS OF INTEREST:

- Preparing for Winter Storms & Extreme Cold
- Winterizing Your Emergency Car Kit
- Winter Weather Terminology
- Wind Chill Index & Facts



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## Winter Storms & Extreme Cold

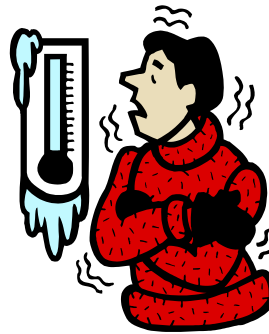
### Before, During and After

Winter storms can vary greatly in severity from moderate snow to blizzard like conditions. These storms have been referred to as the “Deceptive Kills” because deaths are indirectly related to them: traffic accidents on icy roads and hypothermia from long exposure to the cold. Here are some quick tips to help you be prepared for winter storms.

#### Before:

- \* Add winter supplies (rock salt, sand, snow shovels, warm clothing) to your emergency kit.
- \* Make a family communication plan.

- \* Listen to the radio for weather updates.
- \* Minimize travel.
- \* Bring pets inside.



#### During:

- \* Stay indoors.
- \* Walk carefully when outdoors.

- \* Keep dry.
- \* Watch for signs of frostbite & hypothermia.
- \* Don't travel alone & let someone else know your destination and route.

#### After:

- \* Go to a public shelter if you lose power or heat. Text SHELTER + your ZIP code to 43362
- \* Wear loose-fitting, lightweight clothing in layers to protect against frostbite & hypothermia.

More information on winter preparedness is available at [ready.gov](http://ready.gov)

## Winterize Your Car's Emergency Kit

Add these items to your current emergency car kit to prepare for winter:

- \* Shovel
- \* Windshield scraper & broom
- \* Flashlight
- \* Battery powered radio
- \* Extra batteries

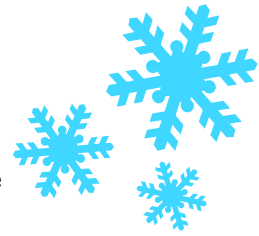
- \* Water
- \* Snack food
- \* Matches
- \* Extra hats, socks & mittens
- \* First aid kit & pocket knife
- \* Necessary medications
- \* Blanket(s)
- \* Tow chain or rope



- \* Road salt & sand
- \* Booster cables
- \* Emergency flares
- \* Fluorescent distress flag



# Winter Weather Terminology



Weather reports are vital to helping you prepare for weather and lessen the impact of severe weather conditions. Here are some terms that you should be familiar with:

- \* **Freezing Rain or Freezing Drizzle:** This is rain that freezes as it strikes the ground or other surfaces creating a coating of ice.
- \* **Sleet:** Rain that turns into frozen ice pellets before reaching the ground. Accumulation makes travel conditions hazardous
- \* **Snow:** When used without qualifying words such as occasional or intermittent, this indicates that the snowfall will be steady and continue for several hours.
- \* **Snow Flurries:** This indicates short durations of snowfall at intermittent times. Accumulation is usually small.
- \* **Winter Weather Advisory:** Winter weather conditions are expected to cause disruptions and may result in hazardous conditions.
- \* **Winter Storm Watch:** A winter storm is possible in this area.
- \* **Winter Storm Warning:** A winter storm is occurring or will be occurring soon in your area.
- \* **Blizzard Warning:** Mixture of sustained winds of 35 miles per hour or greater and considerable amounts of falling or blowing snow reducing visibility to less than a quarter mile. Conditions are expected to last for a period of three hours or longer.

# Decoding the Wind Chill Index

Wind chill is based on the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away at a higher rate, driving the body temperature down.



## NWS Windchill Chart



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

■ Frostbite Times   
  30 minutes   
  10 minutes   
  5 minutes

**Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)**  
 Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01