



WINTER WEATHER SAFETY

Red Cliff is dedicated to the safety and well-being of tribal and community members. Wisconsin winters can pose many health threats making preparation and education vital for safety of individuals, families, and community. This handout will provide education on general health impacts, preparation, and additional resources.

Be Ready! Winter Weather

Weatherproof your home to protect against the cold.

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.

Prepare yourself for exposure to winter weather.

- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!
- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

Make sure your car is ready for winter travel.

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

If power lines are down, call your local utility and emergency services.

If power lines fall on your car, warn people not to touch the car or power lines.

Check out more tips on winter weather indoor safety.

www.cdc.gov/phpr/infographics.htm



Health Hazards During Winter

- Frostbite
 - Injury caused by the freezing of the skin and underlying tissue
 - Symptoms include cold, numb, and pale skin, decreased sensation of touch, burning or stinging sensation, hard / waxy skin, and muscle / joint stiffness
 - Can cause permanent damage to the skin
- Hypothermia
 - Condition of having lower body temperature than normal
 - Symptoms include excessive shivering, slowed breathing, mumbled speech, confusion, drowsiness, and weak pulse
 - Can be life threatening
- Trench Foot
 - Condition caused by feet being wet for too long
 - Symptoms include tingling, itching, swelling, cold, blotchy skin, numbness, and a prickly feeling on the foot.
 - Can be life threatening

At- Risk Populations

- Older adults
- Babies
- People who remain outside for long periods of time, including those without shelter
- People using alcohol or drugs
- People living with chronic medical conditions
- People living with mental illness
- People with medication that affects body temperature regulation



Preventing Cold Related Dangers

- Stay inside when possible
 - If you must venture out, dress in loose-fitting layers along with a hat, mittens, snow boots and face covering such as a scarf.
- Stock a Home Emergency Kit
 - Information on suggested contents for a home emergency kit can be found on the tribal website under Environmental Health Safety Forms or using link the below
 - [Disaster Kit](#)
- Winterize your car
 - Diesel vehicles should be plugged in when temperature drops to 40°F
 - Cold fuel can become gelatinous, and vehicle may not start properly
 - Information on what to include in a safety kit for your vehicle can be found on the tribal website under Environmental Health Safety Forms or using the link below
 - [Winter Vehicle Safety Kit](#)
- Shovel all entrances and exits of your home
 - Remember that less frequently used doors may be quickest escape in an emergency
- Check on friends, family, and neighbors
- Limit outdoor time for pets
- Know signs and symptoms of hypothermia
 - Call 911 or Community Health Center (715-779-3707), if you or someone is exposed to cold temperatures and showing symptoms

Warming Center Resources

Red Cliff's Warming Center (RCWC)

Mission: To ensure that homeless Red Cliff Tribal members have a place to sleep indoors between November 1st and March 31st

- Activated by EHS, when temperature drops below 20°F and/or windchill drops below 10°F.
- Must be a tribal member of Red Cliff
- Must be in good standing with the Wrap Around Care program
- Contact the hotline between the hours of 12PM-4:30PM Monday thru Friday when event is announced
 - 715-779-3513



Additional Resources

- DHS Winter Weather Health and Safety Tips
 - [Winter Weather Health and Safety Tips | Wisconsin Department of Health Services](#)
- CDC Winter Weather Information
 - [Winter Weather | CDC](#)
- American Red Cross Winter Storm Safety
 - [Winter Storm Preparedness & Blizzard Safety | Red Cross](#)

Further questions contact Red Cliff's Environmental Health Specialist,

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Structure based on FEMA guidelines

