



# American Red Cross

in Greater New York

CONTACT: Larry Geiger  
(212) 875-2132

FOR IMMEDIATE RELEASE

## **RED CROSS OFFERS WAYS TO STAY SAFE BEFORE, DURING AND AFTER A WINTER STORM**

*Note to editors: A Red Cross spokesperson is available to talk to you further about this important safety information.*

**New York, NY...December 30, 2005** – Severe winter weather can threaten both your own safety and that of your loved ones. A shocking 70 percent of winter storm deaths occur in automobiles, while another 25 percent are the result of being caught out in a storm. That’s why the American Red Cross in Greater New York (ARC/GNY) offers the life-saving winter storm safety tips you’ll find below, as well as additional health, safety and preparedness information at [www.nyredcross.org](http://www.nyredcross.org).

**ARC/GNY recommends that New Yorkers take the following precautions for winter storm safety:**

- **Prepare a Winter Storm Plan**
  - Have extra blankets on hand
  - Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots
  - Have your car winterized before the winter storm season
- **Assemble a Disaster Supplies Kit** that includes first aid supplies, a battery-powered radio, a flashlight, extra batteries, canned food and can opener, and bottled water (at least one gallon per person per day to last at least three days).
- **Stay Tuned for Storm Warnings.** Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information.
- **If You Get Stuck While Driving**
  - **Stay with your car.** Do not try to walk to safety. Pull off the road, and set hazard lights flashing.
  - **Tie a brightly colored cloth** to the antenna or side view mirror for rescuers to see.
  - **Start and heat the car** for about ten minutes every hour and leave the overhead light on while the engine is running.
  - **Move your arms and legs** to keep blood circulating.
  - **Keep one window slightly open** (away from blowing wind) to let in air.

For additional winter safety tips, along with information about ARC/GNY first aid classes, designed to help New Yorkers respond appropriately to cold-related emergencies and scheduled frequently in every area we serve—the five boroughs and Rockland, Putnam, Sullivan and Orange Counties—please visit [www.nyredcross.org](http://www.nyredcross.org).