



## **Winter Weather and Health Preparedness Tips For Harrison County Residents**

Ready-to-use public health safety tips issued by the Harrison County Health Department (HCHD), in association with the Harrison County Emergency Management Agency (HCEMA), to help residents reduce injury, illness, and emergency risks during winter weather conditions.

### **GENERAL WINTER WEATHER PREPAREDNESS**

- Monitor local weather alerts and emergency notifications.
- Prepare for power outages with flashlights, batteries, and backup heat plans.
- Keep sidewalks, deck, driveways, and steps clear of snow and ice to prevent falls.
- Check on neighbors and family members during prolonged cold spells.

### **STAYING WARM & PREVENTING HYPOTHERMIA**

- Dress in layers. Wear multiple loose-fitting layers of clothing to trap heat.
- Stay dry: Change out of damp clothes promptly.
- Limit outdoor exposure: Take frequent breaks indoors.
- Watch warning signs: Shivering, confusion, slurred speech, and fatigue.
- Keep a blanket and a "Go Bag" with extra clothing in your vehicle.
- Bring pets indoors: Animals are also vulnerable to hypothermia.

### **WINTER ROAD & DRIVING SAFETY**

- Avoid unnecessary travel during snow, ice, or freezing rain events.
- Check weather forecasts and road conditions before leaving home.
- Allow extra travel time and plan routes in advance.
- Clear snow and ice from all windows, mirrors, lights, and vehicle roof.

**For more information, contact the Harrison County Health Department  
or Harrison County Emergency Management Agency.**

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