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**AMERICAN RED CROSS, GREATER CLEVELAND CHAPTER
PROVIDES WINTER WEATHER TIPS**

Cleveland, Ohio (Dec. 7, 2006) - Winter weather is upon us; with more than a foot of snow expected in some parts of Cleveland between today and Friday morning, the American Red Cross, Greater Cleveland Chapter offers winter safety tips to help you and your family prepare for and cope with severe winter weather conditions.

CAR SAFETY

- Assemble a disaster supplies kit for the trunk of each car that contains an American Red Cross first aid kit, essential medications, blankets, extra sets of dry clothing, a shovel, sand or cat litter, tire chains, jumper cables, flashlight with extra batteries and a brightly colored cloth to tie to the antenna.

WINTER DRESS

- Layering clothes helps prepare you for different conditions and activities.
- Plan from head to toe; wearing a hat can save half your body heat loss. Gloves and warm socks help protect fingers and toes, where you can first feel the effects of cold temperatures.

SHOVELING TIPS

- Take it slow while shoveling. Lift small amounts, keep your back straight and lift gently from the knees and hips, and stop if you feel pain or become short of breath.
- Prevent ice from forming on driveways and sidewalks by spreading ice melters when snow, sleet or freezing rain begins.

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OTHER IMPORTANT SAFETY TIPS

- Be cautious with portable and space heaters. Place heaters at least three feet way from anything combustible. Never leave heaters running when you are not home or sleeping.
- Know what winter storm WATCHES and WARNINGS mean. A winter storm WATCH means that a winter storm is possible in your area. A winter storm WARNING means a winter storm is headed for your area: strong winds, blinding wind-driven snow and dangerous wind chill are expected. Stay indoors, except in absolute emergencies.

POWER OUTAGE

Severe winter weather can sometimes mean a power outage.

- To prepare for a blackout, make a kit. Assemble a flashlight, batteries, portable radio, at least one gallon of water and a small supply of food.
- Never use candles. They are a fire hazard. More people have died after recent winter storms from residential fires caused by candles than from the direct effects of the storm.
- If a blackout occurs, do not run a generator inside your home or garage. If you do use one, connect the equipment you want to power directly to the outlets on the generator.
- It is ideal to have a hard-wired telephone. Cellular or cordless telephones may be overwhelmed or damaged during an emergency.
- Listen to local radio and television for updated information.

For further information on preparing for winter storms, log on to www.redcross-cleveland.org.

The Greater Cleveland Chapter helps people prevent, prepare for and respond to emergencies by providing shelter, food, clothing and mental health counseling to families affected by disasters in Cuyahoga, Geauga and Lake counties. All disaster relief is free and is made possible by generous donations from the Greater Cleveland community.

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