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Winter Storm Safety Tips

(York County) – The National Weather Service has issued a Winter Storm Warning beginning 2 p.m. Friday (2/5) through 6 p.m. Saturday (2/6). The most recent NWS snow accumulation prediction has York County receiving 18 to 24 inches of snow in the southern portions of the county and 10 inches of snow in the northern portions of the county. Wind gusts could reach 25 mph. Residents are encouraged to monitor media outlets for a list of municipal Snow Emergency Declarations.

YCOEM urges residents to avoid nonessential travel. Road conditions will likely be treacherous and snow removal vehicles will be out in full force. If residents must drive, YCOEM encourages everyone to be mindful that large snow removal trucks have many blind spots. Defensive driving is strongly encouraged. It is also a good idea to drive main routes and avoid back roads if travel is necessary.

If snow predictions are accurate, many residents will reach for the shovel. If residents will be heading outdoors to clear driveways and sidewalks, it's important to follow some basic safety tips:

- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack. **Take frequent breaks.** It's a major cause of death in the winter. Always stretch before going outside just like before exercising.
- Keep your mouth covered to protect your lungs from extremely cold air. Talking should be kept to a minimum.
- Watch for signs of frostbite. These include loss of feeling and white, waxy, or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. Seek medical attention right away with onset of these symptoms.
- It is important to stay dry. Change wet clothing which causes loss of body heat.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If these symptoms are detected get the victim to a warm location and remove wet clothing. Put dry clothes on them and wrap in a blanket. Provide warm, non-alcoholic or non-caffeinated beverages if the victim is conscious and get medical help as soon as possible.

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