

# DRIVING TIPS FOR EXTREME COLD WEATHER

Extreme cold weather can present hazards for drivers. Before leaving, prepare yourself and your vehicle for cold weather or winter storms.

## STOCK YOUR VEHICLE

- Rechargeable flashlight
- Cellphone and car charger
- Extra food and water
- Flares
- Tools (jack, lug wrench, shovel)
- Road maps
- Blanket/sleeping bag
- Extra warm clothes (boots, hat and gloves)
- First aid kit
- Pocket knife
- Matches or lighter
- Battery jumper cables
- Ice scraper and snow brush
- Paper towels
- Extra washer fluid
- Chains or traction tires
- Small snow shovel
- Kitty litter for tire traction

## TRAFFIC DELAYS

If you are stuck in a traffic jam or your car becomes disabled...

- Stay with the vehicle.
- Run your engine and heater for short intervals.
- Crack a window in the vehicle to avoid carbon monoxide build-up.
- Listen to your radio for updated traffic and emergency information.
- Drink fluids to avoid dehydration.

## MORE INFORMATION

 [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)

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