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**

- [preparation.health.maryland.gov](http://preparation.health.maryland.gov)
- [facebook.com/MarylandOPR](http://facebook.com/MarylandOPR)
- [twitter.com/MarylandOPR](http://twitter.com/MarylandOPR)

- [health.maryland.gov](http://health.maryland.gov)
- [facebook.com/MarylandDHMH](http://facebook.com/MarylandDHMH)
- [twitter.com/MDHealthDept](http://twitter.com/MDHealthDept)

**MARYLAND Department of Health**

Office of Preparedness and Response

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