



## Driving Tips for Extreme Cold Weather

The Maryland Department of Health and Mental Hygiene encourages drivers to prepare and adequately stock their vehicles when traveling during extreme cold weather and when severe winter storms are forecast. Here are some tips:

### Stock Your Vehicle

Make sure your vehicle is stocked with:

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| <input type="checkbox"/> Rechargeable flashlight                   | <input type="checkbox"/> Pocket knife                   |
| <input type="checkbox"/> Cellphone and car charger                 | <input type="checkbox"/> Matches or lighter             |
| <input type="checkbox"/> Extra food and water                      | <input type="checkbox"/> Battery jumper cables          |
| <input type="checkbox"/> Flares                                    | <input type="checkbox"/> Ice scraper and snow brush     |
| <input type="checkbox"/> Tools: jack, lug wrench, shovel           | <input type="checkbox"/> Paper towels                   |
| <input type="checkbox"/> Road maps                                 | <input type="checkbox"/> Extra washer fluid             |
| <input type="checkbox"/> Blanket/sleeping bag(s)                   | <input type="checkbox"/> Chains or traction tires       |
| <input type="checkbox"/> Extra warm clothes, boots, hat and gloves | <input type="checkbox"/> Small snow shovel              |
| <input type="checkbox"/> First aid kit                             | <input type="checkbox"/> 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.

For more information on public health and emergency preparedness, visit <http://preparedness.dhmh.maryland.gov> and [www.facebook.com/MarylandOPR](http://www.facebook.com/MarylandOPR).