



Ensuring a safe and secure homeland for all North Dakotans

Outside Safety

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow. Sweating could lead to chill and hypothermia. Cold weather also puts extra strain on the heart, so the elderly and those with heart conditions should be especially cautious when out in the cold.
- Walk carefully on snowy, icy sidewalks.
- Wear loose-fitting, lightweight warm clothing in layers, with a waterproof outer layer.
- Wear wool hat and mittens.
- Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.
- Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly.

If stranded outside:

- Try to stay dry and cover all exposed parts of the body.
- Prepare a windbreak or snow cave for protection from the wind.
- Build a fire for heat and to attract attention.
- Do not eat snow. It will lower your body temperature. Melt it first.