



# COUNTY OF YOLO

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**FOR IMMEDIATE RELEASE**  
November 24, 2010

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## Preparing for Winter Weather

**(Woodland, CA)** – Although not the coldest temperatures we will see in Yolo County this year, with record lows expected for Thanksgiving day, the Yolo County Office of Emergency Services would like to remind residents of steps they can take to protect their homes and loved ones this winter:

### **Dress for the weather:**

- Wear several layers of loose fitting, lightweight, warm clothing – outer garments should be tightly woven and water repellent
- Wear mittens (warmer than gloves), a hat and a scarf (to protect the lungs)

### **Learn the signs of hypothermia, frostbite, dehydration and carbon monoxide poisoning:**

- Confusion, dizziness, exhaustion and shivering are signs of hypothermia
- Gray, white or yellow skin discoloration, numbness or waxy skin are symptoms of frostbite
- Seek medical attention immediately if experiencing any of the above symptoms
- In the case of overexposure to freezing temperatures, remove wet clothing and immediately warm the body with a blanket or warm fluids like hot cider or soup – avoid caffeine or alcohol

### **Prepare your home and family:**

- Review and update emergency plans, including out-of-town contact information
- Store plenty of drinking water, food and medications
- Store plenty of blankets
- Make sure portable radios/flashlights are operable with an adequate supply of extra batteries
- Regularly charge necessary devices and have back-up options available
- Learn first aid and CPR
- Learn how to shut off water valves
- Teach relatives or neighbors to operate life-safety equipment, including fire extinguishers, breathing machines, oxygen, suction or home dialysis equipment
- Establish support teams if you require assistance
- Prepare to survive if stranded
- Store plenty of heating fuel or dry, seasoned wood for fireplaces or wood-burning stoves
- Check on vulnerable neighbors
- Do NOT bring heating devices into the home that are intended for outdoor use

### **Winterize your house, barn, shed or other structure that could be used for shelter:**

- Insulate walls and attics
- Caulk and weather strip doors and windows

- Clear rain gutters
- Repair roof leaks
- Cut away tree branches that could fall on your house or another structure
- Use insulation or newspapers and plastic to insulate pipes
- Allow faucets to drip a little during cold weather to prevent pipes from freezing
- Hire a contractor to check the ability of roof to sustain heavy weight from accumulated rain

**Prepare your car:**

- Replenish antifreeze
- Check battery and ignition system - make sure battery terminals are clean
- Check brakes for wear and level of brake fluid
- Replace fuel and air filters
- Use additives and maintain a full tank to keep water out of the system
- Check heater and defroster, lights and flashing hazard lights, oil level and weight, thermostat, windshield wiper blades and windshield wiper fluid
- Install good winter tires
- Maintain at least a half-tank full of gas

**Supplement the emergency supply kit for your car by adding:**

- A shovel, windshield scraper and small broom
- Flashlight and battery-powered radio with extra batteries
- Water and snack food
- Matches
- Extra hats, socks and mittens
- First aid kit, pocket knife and necessary medications
- Blankets
- Tow chain or rope, booster cables, emergency flares and fluorescent distress flag

**Prepare your pets:**

- Keep cats inside – outdoors, felines can freeze, become lost or be stolen, injured or killed
- Cats sometimes sleep under the hood of cars during cold weather – check before starting engine
- Never let dogs off the leash on snow or ice – dogs can lose their scent and easily become lost
- Make sure pets always wears an ID tag
- Thoroughly wipe off dog's legs and stomach when coming in out of the sleet, snow or ice – dogs can ingest salt, antifreeze or other potentially dangerous chemicals while licking paws
- Never shave dog down to the skin in winter, as a longer coat will provide more warmth
- Never leave pet alone in a car during cold weather as a car can hold in the cold causing animals to freeze to death
- Like coolant, antifreeze is a lethal poison for pets – thoroughly clean up any spills and consider using products that contain propylene glycol rather than ethylene glycol.
- Make sure pets have a warm place to sleep

Travelers should check with Caltrans for the latest conditions before heading out onto the roadways by calling the Caltrans Highway Information Network (CHIN) at (800) 427-7623 for automated information. For more information and resources, visit the California Emergency Management Agency (Cal EMA) website: [www.calema.ca.gov](http://www.calema.ca.gov).