

# Navigate the Winter with Smart Safety Strategies

Winter in New Jersey is a time of unique beauty and unique risks. Wind chill can cause frostbite. Freezing rain can cause dangers on the road. Nor'easters have the potential to cause more damage than hurricanes.

Stay safe this winter by following the tips below on winter preparedness:

## Helping Your Neighbors



If someone you know is elderly or dependent on life-sustaining or health-related equipment such as a ventilator, respirator or oxygen concentrator, encourage them to be safe during severe winter weather and possible power outages.

- Offer to help them stock an emergency kit including a flashlight and extra batteries, a battery-operated radio, bottled water, non-perishable foods, essential medicines and extra blankets or sleeping bags.
- Encourage them to register as a person with disability with Register Ready - New Jersey Special Needs Registry for Disasters. Register with AlertMorris which is utilized by the Morris County Office of Emergency Management, to get emergency alerts via email, text, phone, or social media!
- Encourage your neighbor develop a list of emergency numbers and encourage them to keep it handy. Ask them how you can be most helpful if they needed assistance. Offer to include your neighbor's emergency contacts in your list.
- Check on them after a storm or power outage.

## On The Road



- **Buckle up** - secure yourself and all passengers.
- **Brake properly to avoid skidding.** If driving on snow or ice, start slowly and brake gently. Begin braking early when you come to an intersection. If you start to slide: ease off the gas pedal or brakes. Steer into the direction of the skid until you regain traction then straighten your vehicle. If you have antilock brakes, apply steady pressure.
- **Expect decreased visibility.** In fog, drive with headlights set on dim or use fog lights. In rain, fog, snow or sleet, stay within the limits of your vision. Pull off the road and stop if you can't see clearly.
- **Slow down.** Physically and mentally prepare to react quickly. Drive slowly and increase your following distance. Adjust your speed for conditions. Match the flow of traffic. Watch for slick spots.

**For more information on Preparing for Winter Emergencies, visit:**

<https://nj.gov/njoem/plan-prepare/winter.shtml>



County of Morris  
Department of Law & Public Safety  
Division of Public Health  
P.O. Box 900  
Morristown, NJ 07963-0900  
(973) 631-5484



**Public Health**  
Prevent. Promote. Protect.