

# Getting Stuck and Getting Out



The Federal Emergency Management Agency offers the following tips for people whose automobiles become stuck in the snow.

- ☑ If you get stuck, do not gun the engine. When the wheels spin, they get hot and melt the surrounding snow. It can quickly turn into ice, reducing your chances of getting anywhere.
- ☑ To get extra traction, try placing sand or kitty litter under the drive wheels (in most cars, the front wheels are the drive wheels – see your owner's manual for more information.)

## *If trapped in a car during a blizzard:*

- ☑ Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards.
- ☑ Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.
- ☑ Occasionally run the engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running.
- ☑ *Beware of carbon monoxide poisoning.* Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.
- ☑ Watch for signs of frostbite and hypothermia.
- ☑ Do minor exercises to keep blood circulating.
- ☑ Clap hands and move arms and legs occasionally.
- ☑ If more than one person is in the car, take turns sleeping. For warmth, huddle together.
- ☑ Use newspapers, maps, and even the removable car mats for added insulation.
- ☑ Avoid overexertion. Cold weather puts an added strain on your heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.