



# Stay Safe in Winter Weather

Stay safe, warm and informed.

## Cold Alerts

### Cold Weather Advisory

It's cold enough to be unsafe.

### Extreme Cold Watch

Extreme cold might be on the way.

### Extreme Cold Warning

It's dangerously cold right now or will be very soon.

**Check [weather.gov](https://www.weather.gov) or your local media for alerts.**

## Snow and Ice Alerts

### Winter Weather Advisory

Snow, ice or freezing rain is expected to cause unsafe conditions.

### Winter Storm Watch

A major winter storm might be on the way.

### Winter Storm Warning

A major winter storm is coming.

### Ice Storm Warning

Dangerous amounts of ice are expected.

### Blizzard Warning

Strong winds and blowing snow that make it very hard to see are expected.

### Snow Squall Warning

A short burst of snow and wind.

## Know Your Risk

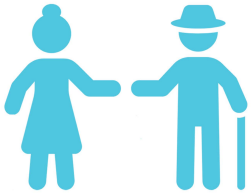
People at greater risk of cold-related illness include:



Babies and young children



People with chronic medical conditions or disabilities



Older adults



People who drink alcohol or use nicotine or illicit drugs



People who remain outdoors for long periods of time



Pets

## Stay Safe



Prepare your home, car, and emergency supplies



Find heated places to stay warm



Wear layers and cover skin if you need to be outside



Check on family, friends, neighbors and pets



Avoid overexertion and take frequent rest breaks while shoveling snow



Use heating equipment safely to prevent carbon monoxide poisoning



Lincoln-Lancaster County  
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[lincoln.ne.gov/COLD](https://lincoln.ne.gov/COLD)





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## Signs of Cold Illness

### Frostbite

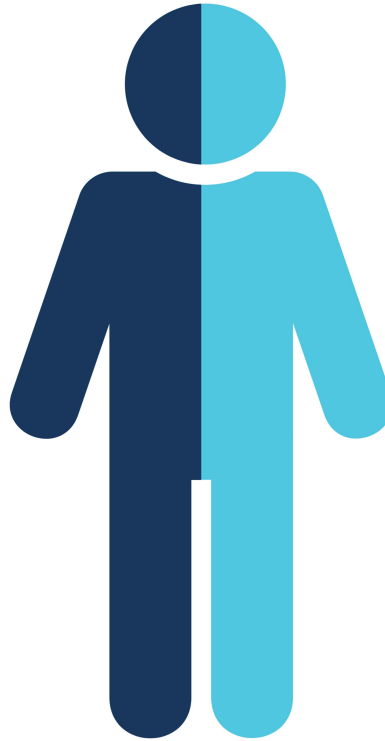
loss of feeling and color around the face, fingers, and toes

#### Signs

Numbness, white or grayish-yellow skin, firm or waxy skin

#### Actions

Go to warm room.  
Soak in warm water.  
Use body heat to warm.  
Do not massage or use a heating pad.



### Hypothermia

unusually low body temperature

#### Signs

Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness

#### Actions

Go to a warm room.  
Warm the center of body first (chest, neck, head, groin).  
Keep dry and wrapped in warm blankets.

**If a person's temperature is below 95 degrees, get medical attention.**



## Warming Centers

**A warming center is a place people can go to get temporary relief from extreme cold. If you need to travel to reach a warming center, please do so carefully.**

During regular business hours, the following City facilities will be available as warming centers. Please call ahead or check the facility's website or social media before you go, in case hours of operation change due to extreme weather.

All Lincoln City Libraries

All Lincoln Parks and Recreation Centers

Victory Park Senior Center - 600 S. 70th St., 402-441-7070

Find more local warming centers at [lincoln.ne.gov/COLD](http://lincoln.ne.gov/COLD).



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