



NEWS RELEASE



For Immediate Release

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(12/9/24) Winter Travel Safety Tips from Southern 7 Health Department

This time of year often brings more road travel, and with it more opportunities to drive on slick or snow-covered surfaces. Southern 7 Health Department encourages travelers to follow some basic steps to keep you on the road and your passengers safe.

Probably the most basic travel tip in harsh weather is to simply slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface. According to the National Highway Traffic Safety Administration in 2022 there were an estimated 153,620 police reported traffic crashes that occurred when there was snow/sleet conditions at the time of the crash. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

Don't crowd a snow plow or travel beside the truck. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. If you find yourself behind a snow plow, stay far enough behind it and use caution if you pass the plow.

If you are stopped or stalled in wintry weather, stay focused on yourself and your passengers, your car, and your surroundings. Stay with your car and don't overexert yourself.

Let your car be seen. Put bright markers on the antenna or windows and keep the interior dome light on.

Be mindful of carbon monoxide poisoning. Make sure your exhaust pipe is clear of any snow and run your car only sporadically, just long enough to stay warm. Don't run your car for long periods of time with the windows up or in an enclosed space.

Before you hit the open road, make sure to visit your mechanic for a winter safety check that includes checking the fluids, inspecting the tires and wiper blades, and making sure your heater is working. Take care of any outstanding maintenance and address any known problems.

For more helpful driving tips this winter, visit www.nhtsa.gov/winter-driving-tips or call Southern 7 Health Department at 618-634-2297, ext. 971123.

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