



NEWS RELEASE



For Immediate Release

For information contact: Shawnna Rhine, Community Outreach Coordinator/Public Information Officer
Southern Seven Health Department & Head Start

Office: 618-626-2355 Cell: 618-614-9223 Southern Seven Central Office: 618-634-2297 Email: srhine@s7hd.org

(12/5/25) Southern Seven Health Department Offers Winter Safe Driving Tips

This time of year often brings more road travel, and with it more opportunities to drive on slick or snow-covered surfaces. According to The National Highway Traffic Safety Administration snow and ice cause over 1,300 deaths and 116,800 injuries annually in the U.S., with 320 fatal crashes and 22,293 injury crashes in 2023 alone due to snow/sleet conditions. Southern Seven Health Department (S7HD) encourages travelers to follow some basic driving tips to keep you on the road and your passengers safe.

- Stay low and slow. Drive in a lower gear on ice or snow-covered roads, and at a slower speed.
- Increase your following distance between you and the vehicle in front of you so that you'll have plenty of time to stop if needed.
- 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 S7HD at 618-634-2297, ext. 971123.

Southern Seven Health Department is a public health department that serves communities of the seven southernmost counties in Illinois focusing on disease prevention, promoting healthy lifestyles, ensuring access to healthcare services, and serves as the Head Start Grantee for the region.

###