

Stranded in your car during a winter storm?

A fast-moving winter storm could strand you in your car. The cold can lead to hypothermia and frostbite until you're rescued.

A charged cell phone can be your lifeline for first responders, but until help arrives, Amica Insurance with advice from the National Oceanic and Atmospheric Administration offers these tips to help keep you safe if you're stuck in a winter storm:

- Always stay in your vehicle. You will become disoriented quickly in wind-driven snow and cold temperatures.
- Run the engine for about 10 minutes every hour to provide heat. However, be sure to slightly open a window to avoid carbon monoxide poisoning.
- Turn on the dome light at night when running the engine.
- After the snow stops, open the hood of your vehicle to indicate that you need assistance.
- Tie a colored cloth – preferably red – to your door or antenna.
- Be sure to move your arms, legs, fingers and toes to keep blood circulating.

