Howard County
Health Department

Driving Tips for Extreme Cold Weather

The Maryland Department of Health and Mental Hygiene encourages drivers to prepare and adequately stock their vehicles when traveling during extreme cold weather and when severe winter storms are forecast. Here are some tips:

Stock Your Vehicle

Make sure your vehicle is stocked with:

- ☐ Rechargeable flashlight
- ☐ Cellphone and car charger
- ☐ Extra food and water
- ☐ Flares
- ☐ Tools: jack, lug wrench, shovel
- ☐ Road maps
- ☐ Blanket/sleeping bag(s)
- ☐ Extra warm clothes, boots, hat and gloves
- ☐ First aid kit
- ☐ Pocket knife
- ☐ Matches or lighter
- ☐ Battery jumper cables
- ☐ Ice scraper and snow brush
- ☐ Paper towels
- ☐ Extra washer fluid
- ☐ Chains or traction tires
- ☐ Small snow shovel
- ☐ Kitty litter for tire traction

Traffic Delays

If you are stuck in a traffic jam or your car becomes disabled, stay with the vehicle. Run your engine and heater for short intervals. "Crack" a window in the vehicle to avoid carbon monoxide build-up. Listen to your radio for updated traffic and emergency information. Drink fluids to avoid dehydration.