



# BE PREPARED FOR BLIZZARDS



Winter storms with **strong winds** and **heavy snowfall** can create blizzard like conditions, **reducing visibility** and causing **drifting snow**.



Peak season is December through March



Can last a Few Hours or Several Days



Greater than 56 kph



Visibility of Less than 0.4 km

Blizzard-prone areas in Pakistan include Gilgit Baltistan (**Skardu, Gilgit, Hunza, Astore**), Northern Balochistan (**Quetta, Ziarat, Pishin**), KP's high-altitude regions (**Malakand, Chitral, Dir, Mansehra, Galliyat, Muree** and certain parts **AJ&K**).

## Likely Impacts of Blizzards



**Snow Accumulation & Avalanches**



**Colder Temperatures**



**Reduced Visibility**



**Road Closures**



**Power Outages**



**Communication Disruption**



**Isolation of Communities**



**Livestock and Agriculture**



**Structural Damage**



**Health and Safety Risks**

## Before an Onset of Blizzard



**Dramatic Drop in Temperature**



**Reduced Visibility**



**Cumulonimbus Clouds**



**Increasing Wind Speeds**



**Blowing Snow**



**Weather Observation from Nearby Areas**



## In Case of Emergency Contact

PDMA KP  
GBDMA  
SDMA

1700  
05811 922 030  
05822 921 536

Rescue 1122 KP  
Rescue 1122 GB  
Rescue 1122 AJ&K

# 1122

# Surviving a Blizzard

## Essential Safety Guidelines



### Prepare Now



Be cautious of **disrupt** to **utilities** and **services**.



Verify **hotel reservations**.



*Refer to the home winter checklist for additional details.*

**Insulation, caulking, and weather stripping** of houses.



Pay attention to **weather reports**.



Gather **supplies**.



**Emergency supply kit** for car.



Learn basic of **treating, frostbite** and **hypothermia**.

### Survive During



*Refer to the car winter checklist for additional details.*

Stay **off roads**. If trapped in your car, **stay inside**.



**Minimize outdoor** exposure, **layer up** for warmth.



Avoid **carbon monoxide & carbon dioxide** poisoning.



Watch for **signs of frostbite** and **hypothermia**.



Check on neighbors. **Older adults** and young **children** are more **at risk**.



Keep communication **devices** **charged**.

### Recognize & Respond

**Frostbite** causes **loss of feeling** and **color** around the **face, fingers, and toes**.

- **Signs:** **Numbness, white or yellow skin, and firm or waxy skin.**
- **Actions:** Go to a **warm room**. **Soak in warm water**. Use body heat to warm. **Do not massage** or use a heating pad.

**Hypothermia:** **Emergency** if body temperature drops below **35°C**.

- **Signs:** **Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.**
- **Actions:** Warm center of the body **first-chest, neck, head and groin**. Keep **dry and wrapped up** in warm blankets, including the **head and neck**.

In case of emergency, call **RESCUE 1122**

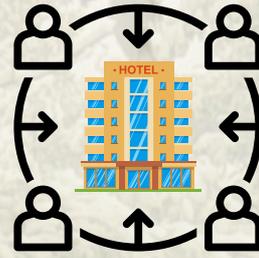




# Blizzard Mitigation and Prevention Measures



Public awareness campaigns.



Collaborate with local hotels and transport in case of emergency.



LEAs and traffic police to advise on road dangers, closures, precautions.



Alert travelers to risks at vulnerable locations.



Involve locals in monitoring for early warning.



Pre-positioning of machinery at vulnerable points.



Deployment of medical resources based on needs.



Pre-placement of winterize tents, and essential food items.



Establishment of evacuation routes.



Regular drills for emergency preparedness.



Establishment and activation of tourist / traveler's facilitation centers.



Implement regulations for assessing snow loads on public structures.

For additional guidance, please visit NDMA's website and adhere to NDMA's Plan for Winter Contingencies and Tourist Guidelines