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## **Governor Susana Martinez Announces Road Crews are Ready for Wintry Weather**

### *Governor Urges Caution As Cold Spell Hits New Mexico*

**Santa Fe** – As arctic air settles in New Mexico over the next few days, Governor Susana Martinez is reminding New Mexicans to take precautions during this cold snap to stay safe. Difficult driving conditions are reported in several parts of New Mexico.

“New Mexico Department of Transportation crews are working around the clock to plow, salt and sand state maintained roads,” said Governor Martinez. “It is extremely important to give yourself extra time while driving in the wintry conditions. You can get updated road information anytime by visiting [www.nmroads.com](http://www.nmroads.com) or by dialing 511.”

The Department of Transportation’s NMRoads mobile app can also be downloaded to keep you updated while you’re on the go.

“Always keep a survival kit in your car because you never know when you will need it. It should include items such as food, water, blankets and a flashlight to help keep you warm and safe should you ever become stranded,” said New Mexico Department of Transportation Secretary Tom Church.

The New Mexico Department of Health reminds people to drink plenty of water during the cold weather to avoid dehydration.

“Bitter cold temperatures can lead to health problems, especially for small children and the elderly,” said Department of Health of Cabinet Secretary Retta Ward, MPH. “People should try to minimize their time in the cold temperatures to avoid frostbite.”

Frostbite occurs when the skin becomes cold enough to actually freeze. A loss of feeling and a white or pale appearance in the fingers, toes, ear lobes, or the nose are symptoms of frostbite. Hypothermia (low body temperature) can occur during longer periods of exposure when the body temperature drops below 95 F. A person will become disoriented, confused, and shiver uncontrollably, eventually leading to drowsiness and apparent exhaustion. In severe cases, death is possible. People who are going to be outside should dress in layers.

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