

**SEVERE WEATHER - INJURIES**  
**Taylor Ratcliff, MD, Emergency Medicine, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

WITH SEVERE WEATHER HERE - ONE EMERGENCY DEPARTMENT DOCTOR IS URGING YOU TO STAY PREPARED ... AND STAY INSIDE.

{\*\*TAKE VO\*\*}

TRT:

HAVING SUPPLIES ON HAND AND READY TO GO IS ONE IMPORTANT WAY TO PREPARE FOR SEVERE WEATHER. HAVING EVERYTHING IN ONE SPOT IS HELPFUL EVEN IF YOU'RE ONLY PREPPING TO STAY PUT. EMERGENCY RESPONDERS WILL BE GETTING READY TOO. EMERGENCY DEPARTMENT DOCTOR TAYLOR RATCLIFF SAYS WHEN SEVERE WEATHER HITS - IT'S HUMAN NATURE TO WANT TO GET OUTSIDE AND CHECK THINGS OUT... BUT CURIOSITY OFTEN LEADS TO AN INCREASE IN VISITS TO THE E-R.

{\*\*TAKE SOT\*\*}

Taylor Ratcliff, MD

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TRT: 18

But people who are at risk, people who take blood thinners, um, people who are older, people who have poor bone density, one slip and fall on the ice can mean a hip fracture. It can mean a brain bleed. It can mean things that are very, very bad. So, uh, when those conditions exist, I think the moral story is don't put yourself at risk and go outside if you don't need to.

{\*\*ON CAM\*\*}

DR. RATCLIFF SAYS SEVERE WEATHER IS OFTEN STRESSFUL FOR PEOPLE - WHICH RESULTS IN MORE CHEST PAIN EMERGENCIES SEEN IN EMERGENCY DEPARTMENTS.