In a 24-hour period on Thursday, Jan. 7, troopers responded to 211 motorist assists statewide.

The Nebraska State Patrol issues the following reminders for motorists traveling in extreme winter weather conditions:

Use well traveled routes and give yourself plenty of time to reach a destination.

Let others know where you are going, when you will arrive, and what route you are taking

If you do become stranded while traveling, stay with your car until help arrives. Wind chill and freezing temperatures can be life threatening.

If a vehicle does become stuck, run your motor sparingly and keep a window cracked to prevent the buildup of carbon monoxide.

Carry a red flag or bandana in your car and attach to the outside to signal you are in trouble.

Be sure to include a winter weather survival kit in your vehicle as you travel.

The following are some basic items to keep in your car in case you become stranded in wintry weather:

- Emergency first aid kit
- Ice scraper, shovel, small bag of sand
- Three pound coffee can
- Matches and candles
- Blankets or sleeping bag
- High energy or dehydrated foods
- Jumper cables
- Flashlight
- Battery operated radio
- Extra batteries (cold weather reduces battery strength)

Motorists in need of emergency roadside assistance can call the Nebraska State Patrol Highway Helpline when safe to do so by dialing *55 from any cell phone or 1080-525-5555 from any landline.

The statewide 511 system should be utilized to check weather and road conditions.

The system can be accessed by dialing 511 from any cell phone or landline or via the internet at www.511nebraska.org.