

At-A-Glance

Extreme Cold

Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter or who are stranded, or who live in a home that is poorly insulated or without heat. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.



When extreme cold weather occurs, keep these safety tips in mind:

- Stay indoors as much as possible.
- If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Outer garments should be tightly woven and water repellent. Always wear a hat and cover your mouth with a scarf to protect your lungs.
- Keep dry. Change wet clothing frequently to avoid a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ears, and the tip of the nose. If symptoms are present, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hyperthermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
- Check on elderly or disabled relatives, friends, or neighbors.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use— don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.

Did you know?

You can lose 40 percent to 45 percent of body heat from an unprotected head and even more from the unprotected neck, wrists and ankles. These areas of the body are good radiators of heat and have very little insulating fat.

For additional information on Extreme Cold Weather Safety go to www.ready.gov.

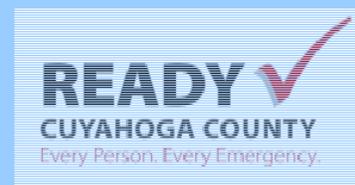
Heat Your Home Safely

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions. Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and will not leak flue gas into the indoor air space.

Sources: Federal Emergency Management Agency (FEMA)



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Governor John R. Kasich

American Red Cross	Ohio Department of Insurance
Emergency Management Association of Ohio	Ohio Dept. of Mental Health & Addiction Services
National Weather Service	Ohio Department of Natural Resources
Ohio Citizen Corps	Ohio Department of Public Safety - Ohio EMA
Ohio Department of Aging	Ohio Department of Transportation
Ohio Department of Commerce-State Fire Marshal	Ohio Insurance Institute
Ohio Department of Education	WBNS – 10TV
Ohio Department of Health	WCMH – NBC4

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STATE OFFICIALS OFFER SAFETY TIPS FOR CONTINUED EXTREME WINTER CONDITIONS

COLUMBUS – The National Weather Service reports that dangerously low temperatures and wind chills will continue to impact Ohio until Saturday. Temperatures are expected to rise to the 20s and 30s by the weekend.

“When temperatures and wind chills are this extreme, it is safest to limit your time and exposure to the outdoor elements,” said Evan Schumann, executive director of the Ohio Emergency Management Agency. “If you must go outside or travel, it is important to check local news for weather and road conditions.”

FEMA and the Ohio Committee for Severe Weather Awareness (OCSWA) offer the following precautions during severe winter conditions and extreme cold:

- Stay indoors as much as possible; do not go out during a storm; and limit your exposure to the cold.
- Walk slowly and carefully on snowy, icy walkways. If possible, use rock salt or other ice-melting products on walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack, which is a major cause of death in the winter.
- Check on family, friends and neighbors who may be at risk or may need additional assistance. Click [here](#) to read the Ohio Department of Aging’s press release on winter safety.
- Dress in layers and keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Know the signs of cold-related health issues such as frost bite and hypothermia, and seek medical attention if health conditions are severe.
- Bring your pets indoors or shelter animals to ensure they have warmth and unfrozen water. Click <http://www.ready.gov/caring-animals> for pet owners’ emergency information.
- Drive only if it is absolutely necessary. If you must drive:
 - Travel during the day
 - Be aware of weather conditions and traffic reports
 - Do not travel alone
 - Keep others informed of your travel schedule
 - Make sure your vehicle has an emergency kit that includes an ice scraper, battery jumper cables, a blanket, flashlight, cell phone with car charger, and keep the fuel tank above half-full
- To prevent home water pipes from freezing, open cabinet doors to expose pipes. Allow a low stream of water to flow. If the pipes freeze, clear the cabinets of items that are flammable or capable of melting, remove any insulation or layers of newspapers, run a portable electric heater on the pipes. Do not leave the home unattended.

Additional Winter Health & Safety Tips are available on the OCSWA website:

<http://weathersafety.ohio.gov/WinterHealthSafetyTips.aspx>

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