Cold Weather Precautions

For your health and safety, be prepared!

Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. 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.

**Prepare your home and family**

- Do NOT bring heating devices into the home that are intended for outdoor use, such as:
  - propane and charcoal barbecues
  - other cooking equipment, such as propane cookers
  - natural gas or wood burning outdoor fire places
  - outdoor patio heaters
  These items produce deadly carbon monoxide.

- Never leave children unattended near a space heater.

- Ensure adequate ventilation if you must use a kerosene heater.

- Maintain a sufficient supply of safe heating fuel. Use only the type of fuel your heater is designed to use—don't substitute.

- Use electric area heaters with an automatic shut-off switch and a non-glowing heating element. 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.

- Move family pets indoors or to an enclosure out of the elements. Likewise protect livestock or other large animals from the cold weather.

- Insulate pipes and allow faucets to drip during cold weather to avoid freezing. Learn how to shut off water valves (in case a pipe bursts).

- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.

**Recognize symptoms of too much exposure to extreme cold**

- Confusion, dizziness, exhaustion and shivering are signs of hypothermia. If you experience any of these symptoms, seek medical attention immediately.

- Gray, white or yellow skin discoloration, numbness or waxy skin are symptoms of frostbite. If you experience any of these symptoms, seek immediate medical attention.

- In the case of overexposure to freezing temperatures, remove wet clothing and immediately warm the body with a blanket or warm fluids like hot cider or soup. Avoid caffeine or alcohol.

For more information:
call the Cold Precautions Infoline at 558-8035
or visit www.stanemergency.com