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NEWS RELEASE

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FOR IMMEDIATE RELEASE

COLD WEATHER SAFETY TIPS

Cincinnati—Temperatures are expected to stay below freezing for the next five days. During periods of extreme cold it is important to take steps to keep yourself and others safe.

During extended periods of extreme cold, the Cincinnati Health Department (CHD) and the Centers for Disease Control and Prevention (CDC) urge people to protect themselves, and to be sure their families, friends and neighbors stay safe and warm this winter. **Remember to:**

- Eat well balanced meals with plenty of carbs and avoid alcohol.
- Limit skin exposure to the extreme cold and avoid extended periods of exposure.
- Wear proper clothing such as a hat, scarf, sleeves that are snug at the wrist, mittens and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care. If body temperature is below 95 degrees it is an emergency.
- Never use a gas range, portable gas camp stove, charcoal or barbecue grill for heating indoors. Without proper ventilation they can cause a buildup of carbon monoxide inside your home, cabin or camper. Additional heating tips can be found at <http://www.nfpa.org>.
- Keep pets indoors as much as possible and wipe salt off paws.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk populations for hypothermia, which is an abnormally low body temperature that can affect the brain and make the victim unable to think clearly or

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move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, an injury to the body caused by freezing, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.

CDC Cold Weather Tips: www.cdc.gov/media/pressrel/2010/a100105.htm

For more information: www.cincinnati-oh.gov/health.

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