



Noble Maseru, Cincinnati Health Commissioner

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Cold Weather Health and Safety Tips

CINCINNATI — The Cincinnati Health Department (CHD) is reminding residents to use caution during colder weather to keep themselves and others safe.

With temperatures expected to plunge over the weekend and into next week, remember to stay safe and healthy by following these tips:

- Eat well balanced meals with plenty of carbs and avoid alcohol.
- If you suspect a problem with frostbite or hypothermia, seek medical care. If body temperature is below 95 degrees it is an emergency.
- Keep pets indoors as much as possible and wipe salt off paws.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- 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.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- 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>.

The elderly, young children, adults under the influence of alcohol and the mentally ill are at a higher risk for hypothermia and frostbite. Warning signs of hypothermia include shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness. Frostbite results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.

Through February 29, Shelterhouse (formerly Drop Inn Center) will operate the Winter Shelter at their David and Rebecca Barron Center for Men (Winter Shelter is open to everyone, not just men) at 411 Gest Street, 45203. The Winter Shelter has its own entrance, separate from the regular shelter and is open every night from 7 p.m. to 6 a.m.

Any individual, group or family who would otherwise sleep outside is encouraged to come to the Winter Shelter. Homelessness leads to extended exposure to the elements. For more information visit www.shelterhousecincy.org

