
CLEVELAND COUNTY HEALTH DEPARTMENT

FOR IMMEDIATE RELEASE

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Be Prepared and Safe During Extreme Cold Temperatures

(Shelby, NC)—Extremely cold weather is fast approaching, and with it comes a variety of health and safety hazards both indoors and out. To help ensure everyone in our community stays safe and warm, the Cleveland County Health Department offers the following tips for individuals; especially for those who are senior citizens:

- Wear trousers, sweat pants, tights or leg warmers
- Layer on shirts and a wool sweater or wear a jacket under a warm coat
- Don't forget a wool or synthetic hat; your body loses heat through your head; cover your head!
- Mittens are warmer than gloves; they keep the fingers together
- In very cold weather, wear polypropylene liners to give extra warmth and draw sweat away from the body
- Keep dry. Change wet clothing to prevent loss of body heat
- Ask a friend or relative to check on you twice a day during exceptionally cold weather
- Listen to the media for current weather information
- A cordless telephone will not work in a blackout. Be sure you have a standard phone that plugs directly into a jack or a cell phone that is charged.
- Keep a flashlight and backup batteries within easy reach
- Store a 10 day supply of prescription medicine and a list of your emergency contacts in the same location
- Temporarily close off heat to some rooms
- Don't forget your pets. Make sure they have enough shelter to keep warm and they can get to unfrozen water
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If detected, get the victim to a warm location, and put the person in dry clothing. Wrap their entire body in a blanket. Warm the center of the body first by giving them warm beverages if the victim is conscious. Get medical help as soon as possible.

No one can stop the onset of extremely cold temperatures. However, if you follow these tips, you will be better prepared and safer when they come.