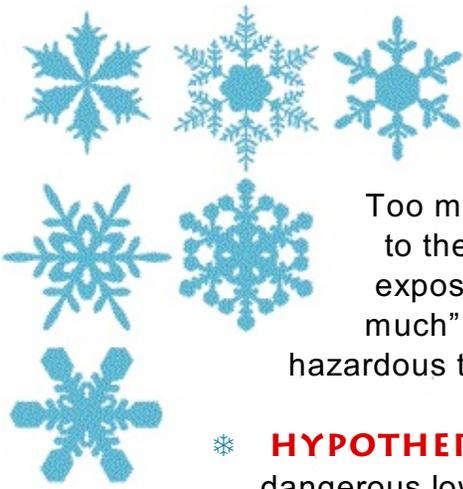


COLD WEATHER DANGERS



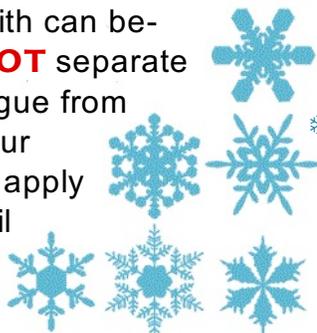
Too much exposure to the cold - or exposure to “too much” cold - can be hazardous to your health.

* **HYPOTHERMIA** is a dangerous lowering of a person’s body temperature. Violent shivering is an early warning sign as the body tries to warm itself. Although the shivering will stop as the body temperature continues to drop, watch for drowsiness, confusion or altered speech. Seek medical attention immediately - while waiting, keep the person warm and dry, and slowly give warm liquids to drink if conscious.

* **FROSTBITE** is tissue injury due to freezing. Gently re-warm the affected area with warm water. DO NOT rub the affected area or use dry heat from a heat lamp.

* **OVEREXERTION** - the combination of cold temperature and exhaustion from shoveling, pushing a car, or walking in deep snow can strain the heart and trigger a heart attack in people already at risk. Check with your doctor before doing any new or strenuous exercise, especially if you are usually sedentary.

* Anyone - but often it’s a child - who touches their lips, tongue or hands to a very cold surface with can become stuck to it. **DO NOT** separate the person’s skin or tongue from the surface by force. Pour warm (not hot) water or apply a warm, damp cloth until the body part becomes free.



You can protect yourself and your family from cold related illnesses:

* **STAY DRY.** Wet clothing loses its ability to insulate. Keep spare clothing, socks and mittens ready for a “quick switch”.

* **LAYER CLOTHING.** Wear a turtleneck under a sweater, glove liners inside of mittens, and double socks to maintain body heat. Don’t forget your hat and scarf!



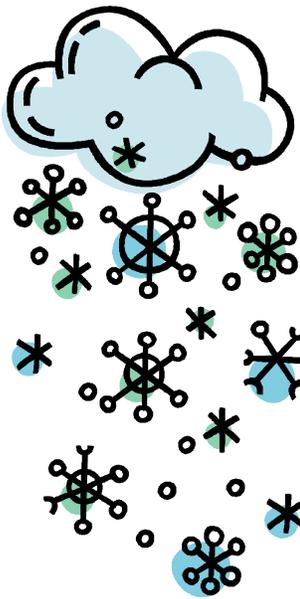
* The **ELDERLY** are at especially high risk for cold related illnesses. If you routinely look in on an elderly or disabled person, check on them more frequently during cold spells. If you are an older adult, ask a friend or family member to visit or give you a daily call.



* Set a **TIME LIMIT** for outdoor play. Kids are at risk for frostbite and hypothermia, so have them come inside to warm up at regular intervals especially if they start to feel cold or tired. Make sure clothing, mittens and socks are still dry.

* Keep **SNOWBALLS** free of ice chunks, rocks, sticks or other debris. A tightly packed “iceball” in the hands of a strong pitcher can be a dangerous weapon.

* **DO NOT** use a kerosene heater, BBQ, or any outdoor type heater inside. Properly ventilate to prevent carbon monoxide poisoning when you use your fireplace or wood stove.



10 TIPS TO ... TRAVEL SMART

- ① **GET YOUR CAR A "CHECK-UP"** before the weather gets ugly. Make sure your battery is fully charged, all the lights are working, and there is sufficient antifreeze in the heating/cooling system. Check that your tires are in good shape and your brakes are working well.
- ② **MAKE SURE YOUR WIPERS WORK.** Replace worn blades that streak the windshield. Keep the window washer reservoir bottle filled with antifreeze solvent.
- ③ **PAY ATTENTION TO WEATHER REPORTS.** Don't travel if there's a winter storm warning. If you must travel, tell someone your destination, route, and when you expect to arrive.

④ **KEEP AN EMERGENCY KIT IN YOUR CAR** that includes:

- ✓ Large flashlight and extra batteries
 - ✓ Bottled water and non-perishable foods such as granola bars, peanut butter crackers, dried fruit and trail mix
 - ✓ Shovel, basic tools, flares, jumper cables, extra fluids, bulbs, etc
 - ✓ Ice scraper/snow brush and a small snow shovel
 - ✓ Sleeping bag or blanket
 - ✓ First aid kit and manual
 - ✓ Small fire extinguisher
 - ✓ Bag of cat litter or sand for traction under the tires
- ⑤ **BE PREPARED** for poor road conditions. Slippery roads require longer stopping distances so keep extra space between your car and the car in front of you.
- ⑥ **BE A SAFE DRIVER.** Avoid driving while fatigued, after drinking alcohol or taking cold medications. Wear sunglasses to combat the glare of snow and sunshine. During a nighttime snow storm, switch your lights to low beams. Use your seatbelt every time you get in the car!
- ⑦ **IF YOUR CAR GETS STUCK IN THE SNOW** and you keep the engine and heater running, open a window slightly and clear snow away from the exhaust pipe to vent carbon monoxide. Never warm up a vehicle in an enclosed area, such as a garage.
- ⑧ **STOP SAFELY.** Squeeze the brake pedal down until you feel the brakes are about to lock - let up and squeeze again. If you begin to skid, keep your foot OFF the gas and OFF the brake.
- ⑨ **FILL'ER UP!** Keep your gas tank at least half full to avoid gas line freeze-up (and the possibility of running out of gas in an unanticipated traffic jam).



- ⑩ **MAXIMIZE VISIBILITY.** Clean snow off the *entire* car - hood, roof, trunk, lights and windows. Turn the heater on for a minute or two before using the defroster to prevent moisture from fogging the windshield.

WEST WINDSOR HEALTH DEPARTMENT

serving the communities of West Windsor * Robbinsville * Hightstown