

Extreme Cold Weather Advisory

January 24, 2019



Public Health
Prevent. Promote. Protect.

Cudahy Health Department

Extreme Cold Weather Tip Sheet for Individuals

Tips for Preventing Cold Weather Health Risks

Stay Warm! Stay inside if possible. Avoid exposure to the extreme cold!

Dress for the Weather:

- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing.
- Wear mittens, which are warmer than gloves, and wear a hat.
- Cover your mouth with a scarf to protect your lungs.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.

If you must be outside in the cold:

- Travel in the day, don't travel alone.
- Let someone know where you are headed and when you expect to return.
- Make a car survival kit including blankets, sleeping bags, extra clothing and high-energy foods
- Be sure your vehicle's fuel tank is at least half-full and the battery is charged.
- Do not touch metal surfaces with uncovered hands – flesh will freeze immediately to the surface.
- Do not drink alcohol before participating in an outdoor activity – it can reduce your brain's ability to recognize your body's warning when it becomes too cold

WARMING SITES

Cudahy Family Library

3500 Library Ave Cudahy, WI 53110

Phone: (414) 769-2244

Hours: Monday – Thursday 10 am- 8 pm

Friday & Saturday 9 am - 5 pm

Sunday 12-4 pm

St. Luke's South Shore

5900 S Lake Dr Cudahy, WI 53110

Phone: (414) 489-9000

Hours: Every day, 8am-8pm

Note: Please enter the main entrance and inform them that you are there for the warming station

Cold Weather Health Risks:

Frostbite, Hypothermia and Carbon Monoxide Poisoning

Frostbite can occur on exposed skin in less than 10 minutes. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ear tips and tip of the nose. If you see these signs, seek medical care immediately!

Signs of Hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness in adults and children. In infants, symptoms can include bright red or cold skin and very low energy. If you notice anyone exhibiting any of the symptoms of hypothermia, seek medical care immediately!

Carbon Monoxide Danger - Carbon monoxide is the leading cause of accidental poisoning deaths in the United States. Carbon monoxide is produced by any heating source that burns fuel such as a gas or propane heater or grill. Breathing carbon monoxide displaces the oxygen in the blood and can cause death within minutes at high levels. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches, fatigue, dizziness, shortness of breath/chest pain, nausea/vomiting, and confusion. If you or someone you know experience any of these symptoms, or your carbon monoxide detector sounds an alarm, head outside immediately for fresh air and call 911.

Source: Ready.wi.gov. Wisconsin Emergency Management