

Coos Health & Wellness

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FOR IMMEDIATE RELEASE

PROTECT YOURSELF IN WINTER WEATHER.

[North Bend, Oregon] - The National Weather Service reports a winter weather advisory for Coos County until Wednesday morning, and a freeze warning from Wednesday evening 10 pm to Thursday morning 10 am.

Here are a few things to consider during a winter weather advisory in order to stay safe:

What to do during a winter storm:

- Keep posted on weather conditions. Listen to local media sources or your [NOAA weather radio](#).
- Prepare for isolation at home. Keep an [emergency kit](#) on hand.
- Use lights for heat if the furnace goes out. Don't use gas cooking stoves.
- Use [FoodSafety.gov](#) food charts to help you decide what to keep and what to toss if a power outage occurs. <http://tinyurl.com/p9j6rll>
- Check with neighbors and relatives who may need extra assistance.
- Prevent wood/oil-burning stoves, fireplaces, or electric heaters from overheating and becoming fire hazards. Fill all liquid fuel heating devices outside buildings.
- Stay indoors. Overexertion from activities such as snow shoveling is a major cause of winter storm deaths.
- Dress in warm layers.
- Travel only if necessary, and then only in daylight on major roads. Check Oregon's Department of Transportation [Trip Check](#) or call 5-1-1 before heading out.
- Do not travel alone and let someone know your schedule and destination.

If caught in a vehicle:

- Don't leave the vehicle unless help is in sight.
- Ensure proper ventilation while running the engine.
- Signal trouble by raising the hood, tying a cloth on the antenna, or turning on flashers.
- Don't burn anything in the vehicle.

How to prevent frostbite and hypothermia:

Frostbite and hyperthermia can occur in less than 30 minutes. Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. Reduce your time outdoors if possible. If you are going out for extended periods of time, make sure to cover exposed skin. Wear a hat, scarf, mittens or gloves. Dress in layers and stay dry.

When outside, make sure to watch for symptoms of hypothermia. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. Symptoms for hypothermia for adults are shivering, exhaustion,

confusion, fumbling hands, memory loss, slurred speech, and drowsiness. For infants, they are bright red, cold skin and very low energy. If someone has these symptoms call 911 and try to get them to a warm place. Pets and livestock need a warm dry shelter and access to food and fresh unfrozen water.

How to prevent Carbon monoxide poisoning:

Using space heaters and even wood fires increase carbon monoxide in the air. This can lead to potential carbon monoxide poisoning. Symptoms of carbon monoxide poisoning include headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion.

Power outages:

Be aware of power outages, and check foods for safety if loss of power occurs for extended periods of time.

To find more cold weather safety tips, visit:

<http://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWinterStorms.aspx>

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