



Personal Protection During Freezing Temperatures

Low temperatures can bring the possibility of water line breaks and power outages due to high electrical demand. The following tips will help you stay safe:

- If heat is out, go to a neighbor or family member's home if possible.
- Do not use generators, grills, camp stoves or other gasoline or charcoal-burning devices inside the home, basement or garage or near a window. These devices create carbon monoxide gas, which is poisonous.
- Check heating units and carbon monoxide detectors. Poorly operating or damaged heating units can release carbon monoxide gas.
- Don't leave children, elderly or pets alone in vehicles. Temperatures in vehicles can drop rapidly.
- Pets can be greatly affected by the cold and should not be exposed long.
- Wear appropriate clothing that will be adequately insulating from the cold when outdoors. The National Weather Service advises wearing a hat and gloves if outdoors during a wind chill advisory.
- Be aware of the amount and intensity of physical activity, both indoors and out. Avoid overexertion. Cold weather puts additional strain on the body, especially the heart.
- Keep in mind that older adults, people in fragile health and small children are affected more by the cold than the average adult.
- Check on loved ones and neighbors, preferably by telephone.