



Correction - Oakland County offers cold weather resources

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For Immediate Release



HEALTH DIVISION

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NEWS RELEASE

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Jan. 28, 2019, Pontiac, Mich. – Oakland County, Mich. is helping residents prepare for dangerously cold temperatures from the arctic blast in the forecast this week by offering tips and resources for family members and pets.

“Don’t take for granted how quickly a loved one or pet can become impacted by the cold,” County Executive L. Brooks Patterson said. “Several county divisions are sharing information to help residents make it through the record cold temperatures.”

Cold Weather Tips

Oakland County Health Division advises anyone who must go outdoors to dress properly to reduce the possibility of hypothermia and frostbite. The outer layer of clothing should be tightly-woven and wind-resistant to help reduce the loss of body heat. While outside, adults and children should wear:

- A hat, knit mask and scarf to cover the face and mouth
- Sleeves that are snug at the wrist and mittens (which are warmer than gloves)

- Several layers of loose-fitting clothing and water-resistant coat and boots

Other important actions to take include:

- Dressing infants less than one year old in warm clothes, even when indoors
- Staying dry by removing extra layers of clothing when too warm because wet clothing chills the body rapidly

Hypothermia, or abnormally low body temperature, can be fatal if not promptly detected and treated. The earliest sign of hypothermia is shivering, an indication that our body has begun to lose heat. Other signs include confusion, fumbling hands, memory loss, slurred speech and drowsiness.

Frostbite is the most common type of freezing injury. With the expected wind chill early this week, frostbite can occur in as little as 10 minutes. Check exposed skin for frostbite, especially the hands, feet, ears, nose and lips. Signs and symptoms include coldness, stinging, burning, throbbing and numbness. Look for skin that is hard, pale and numb to the touch. If hypothermia or frostbite is suspected, seek medical care immediately.

Aside from dressing properly during extreme cold, residents should also maintain a warm home. Set the thermostat at 65 degrees Fahrenheit or higher, 70 degrees if an infant or individual age 75 or older resides in the home. If the home is drafty or too large to heat throughout, practice safe heating by doing the following:

- Never leave a space heater unattended.
- Do not place a space heater within 3 feet of fire hazards such as drapes, furniture or bedding.
- Never cover a space heater or place it near water.
- Do not run a space heater cord under carpets or rugs, but make sure it is not a tripping hazard.
- Follow all manufacturer instructions for your space heater.
- Use proper fuel type for non-electric heating devices.
- Only use fireplaces and wood stoves that are properly vented to the outside.
- Have vented combustion space heaters professionally inspected every year.
- Unvented combustion units, generators, grills or camp stoves are not recommended for use inside your home.
- Install a battery-operated carbon monoxide (CO) detector in your home.

Other tips for keeping safe during extreme cold include:

- Avoid exertion while shoveling or snow-blowing if you have heart disease or high blood pressure.
- Avoid getting gasoline or alcohol on your skin while de-icing and fueling cars, snow blowers, etc. Contact with skin can greatly increase heat loss from the body.
- Make sure your emergency car kit includes gloves, hats, scarves, snow boots, an ice scraper, small shovel and bag of kitty litter or sand.

For more information, contact Nurse on Call at 800-848-5533 or go to [OakGov.com/Health](https://oakgov.com/Health) or follow @publichealthOC on Facebook and Twitter.

Warming Centers and Snow Emergencies

Oakland County Homeland Security Division is posting the hours and locations of warming centers in Oakland County on its Facebook page at @OakGov.HS along with a list of snow emergencies. In addition, Homeland Security Division offers winter survival tips on its homepage at [OakGov.com/HomelandSecurity](https://oakgov.com/HomelandSecurity). The Oakland County Emergency Operations Center will monitor weather conditions throughout the week. Follow @OakGovHS on Twitter for regular updates.

Pets

Oakland County Animal Shelter & Pet Adoption Center says to treat pets like family and keep them warm and safe during the extreme cold which can be deadly for some. Pets should only be let outside to relieve themselves. Once back in the house, remove ice, salt and caked mud from the paws and coat immediately. If taking a dog or cat out for a walk on a leash, use doggie/cat shoes to protect their paws from salt and chemicals. Outdoor pets should be kept indoors when temperatures drop below 32 degrees.

Meanwhile, the shelter wants to hear from anyone who observes an animal that is out in the cold for an extended period of time without proper shelter. To report a pet left out in the cold too long, call dispatch at 248-858-1090. Animal control officers are on duty around the clock. To learn more about the shelter, go to www.OakGov.com/PetAdoption or Facebook at @OakGov.OPAC.

For media inquiries only, please contact Bill Mullan, Oakland County media and communications officer, at 248-858-1048.

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