



Public Health
Prevent. Promote. Protect.

WARREN COUNTY HEALTH DISTRICT

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Media Advisory

FOR IMMEDIATE RELEASE

December 22, 2022

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Cold Weather Safety

On December 23-25th, the region is expected to experience severe winter weather, with temperatures being much colder, strong wind gusts, and wind chills falling well below zero.

When there is severe winter weather, it is important to take additional steps to stay safe and healthy.

- **Stay inside if possible.** If you have to go outside, be sure to wear appropriate clothing such as a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- **Avoid non-essential travel.** Currently, there is a Winter Storm Warning in effect for Warren County. If you need to travel, make sure that your car has a full tank of gas and food and water in case you get stranded. If you get stranded, **stay in your car**, call 911 and wait for rescue.
- **If you have pets, bring them inside.** If you cannot bring them inside, take the appropriate steps to provide adequate warm shelter and unfrozen water to drink.
- **Purchase shelf stable foods and have water available.** Foods that have a long storage life and require little or no cooking, water or refrigeration such as bread, apples, bananas, carrots, bell peppers, and other non-perishable items are a good idea to have on hand.
- **Keep any important electronics charged in case the power goes out.** It is also important to keep a battery powered radio available to listen to weather updates and any breaking news.

There is also an active Wind Chill Warning in place, where wind chills can be expected to be as low as 35 degrees below zero. When temperatures are as low as this, someone can develop frostbite in as soon as 10 minutes or become hypothermic.

Signs and Symptoms of frostbite are:

- Exposed Skin that is white or grayish-yellow in color.
- Skin that feels unusually firm or waxy.
- Numbness in exposed skin

Signs and Symptoms of hypothermia are:

- Shivering
- Exhaustion or feeling very tired
- Confusion

- Memory Loss
- Slurred Speech
- Drowsiness

For additional weather updates, visit <https://www.weather.gov/>.

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