



Extreme Cold Weather Bulletin

Dangerously low temperatures are in the forecast and several precautions can be taken to reduce the impact of the weather.

Personal protection

- Stay indoors as much as possible and limit your exposure to the cold
- Dress in layers and keep dry
- Check on family, friends, and neighbors who are at risk and may need additional assistance
- Know the symptoms of cold-related health issues such as frostbite and hypothermia and seek medical attention if health conditions are severe. (emergency.cdc.gov/disasters/winter)
- Bring your pets indoors or ensure they have a warm shelter area with unfrozen water

At Work

- Facilities are proactively protecting potential freeze areas
- Report facility issues to your building manager, the Work Coordination Center 737-2969, or Public Safety for response
- Open interior cabinets and doors to allow heat to circulate into spaces that contain pipes. Note: DO NOT prop open fire doors.
- Close all outside doors and windows

At Home

- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.
- Learn how to shut off water valves (in case a pipe bursts).
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.
- Residents need to be extra careful when using supplemental heating units. Make sure that all-combustible materials such as drapes or chairs are at least three feet away from any heating unit. Avoid using flammable liquids to start fireplaces and do not leave a fireplace unattended. Most importantly, check your smoke detector to make sure it is working properly.

In your Car

- Make sure your vehicle has an emergency kit that includes an ice scraper, blanket and flashlight – and keep the fuel tank above half full.
- Before you travel, tell people where you are going and when to expect your arrival
- Check ODOT Tripcheck before you travel (tripcheck.com)

References

<http://www.ready.gov/natural-disasters>

<http://emergency.cdc.gov/disasters/>

<http://www.weather.com/life/safety/>

http://www.disastersrus.org/emtools/hazard_specific_pages.htm

Practice the 5 Ps of Cold Weather Preparedness

disastersrus.org/emtools

- Protect People
- Protect Plants
- Protect Pets
- Protect Exposed Pipes
- Practice Fire Safety