For Immediate Release

Reminder: Take Precautions During Cold, Icy Weather

Cold weather and precipitation are expected over the course of the next few days. The Springfield-Greene County Health Department would like to remind people that cold weather can create health and safety risks. In order to reduce cold weather threats, take time to prepare for cold weather and protect yourself and your pets from cold conditions.

- Dress warm and stay dry. Wear a hat, scarf and mittens. Stay dry to prevent excess heat loss from the body.
- Do not ignore shivering. Shivering is a sign that the body is losing heat. If shivering persists, go indoors.
- Know the warning signs for hypothermia, an abnormally low body temperature. Continued exposure to cold temperatures can cause confusion, drowsiness, clumsiness, and exhaustion.
- Know the signs and symptoms for frostbite, or injury to the body caused by freezing. Frostbite mostly affects the nose, ears, cheeks, chin, fingers and toes. Signs include tingling and numbness, white or grayish yellow areas of skin, and skin that feels waxy.
- Be safe while outdoors in winter elements. Avoid ice covered walkways, be cautious while shoveling snow and clearing walkways.
- Avoid travelling on ice-covered roads, overpasses and bridges.
- Limit outdoor time for children and monitor for signs of frostbite or hypothermia.
- Check on family, friends and neighbors that could be at high risk of cold related injury or illness including elderly, those that are fighting an illness and people that do not have access to adequate heat.
- Provide proper shelter for pets. If pets or livestock must remain outdoors, provide fresh water and food supplies on a regular basis.
- Take steps to protect yourself if you are travelling. Prepare an emergency kit in case you become stranded in your vehicle, cover your body with extra clothing and remain in your vehicle. <www.dhss.mo.gov/Ready_in_3/EnglishFactSheets/English-IceSnowStorm.pdf>

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