

OHIO EXPERENCES EXTREME COLD TEMPERATURES

THE COLD WEATHER IS HERE, ARE YOU READY?

COLUMBUS, OH – With the state's temperatures expected to be dangerously low, the Ohio Emergency Management Agency is urging Ohioans to prepare themselves, their households, and their vehicles for brutal winter weather.

According to the National Weather Service (NWS), Ohio will experience dangerously low wind chills ranging from -10°F to -25°F, causing frostbite to set in quickly on exposed skin. The severe, cold snap is expected to remain through the weekend and continue into February.

Some preventative actions to take include:

- **Frozen pipes:** Protecting water pipes in homes and businesses. Best practices for avoiding freezing pipes in these temperatures include:
 - Insulating pipes, when possible
 - Let indoor faucets drip (a drip or small stream can help keep pipes from freezing)
 - Leave sink cabinets open to expose them to warm air
 - Turn off valves to outdoor faucets
- **Carbon monoxide poisoning:** Be cautious of carbon monoxide danger. Carbon monoxide is the leading cause of accidental poisoning deaths in the United States. When using alternate heating sources, the danger of carbon monoxide poisoning rises. All homes should have working smoke and carbon monoxide detectors.
 - Symptoms of CO poisoning include headaches, fatigue, dizziness, shortness of breath, chest pain, nausea/vomiting, confusion and drowsiness or unconsciousness. If you or anyone in your home are experiencing any of these symptoms, or your carbon monoxide detector's alarm sounds, leave the building immediately and call 911. [Click here](#) to learn more.
- **Pets and livestock safety:** Ensure all livestock has access to warm safe shelter and plenty of unfrozen water to drink. Bring animals into shelters at night during extremely cold temperatures. Animals need protection from severe cold, as well.
- **Dress in layers.** Try to have as little skin exposed as possible. Know that frostbite can occur on exposed skin in less than 10 minutes. Hats, scarves, and mittens are a must! Limit your time outside. If you see signs of frostbite, seek medical care immediately.
- **Hypothermia:** Symptoms include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and sometimes drowsiness in older adults and children. In infants, symptoms can include bright red or cold skin and very low energy. Dress babies and children appropriately for the cold.
- **Frostbite:** Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ear tips, and the tip of the nose.
- **Check on your neighbors** Check on neighbors, especially the [elderly](#) or vulnerable individuals. Ensure they have adequate heating and enough food and water to sustain the cold weather.

- **Travel Safely:** If you're traveling, make sure you have a winter emergency kit in your vehicle. Items include flashlights, extra batteries, toolbox, high-energy snacks, bottled water, car charger for cell phone, extra jackets, gloves, hats, blankets, tools, and battery jumper cables. **Call #677** if you need roadside assistance. And remember: Ice and Snow, Take it Slow. Visit ohgo.com to learn about road conditions and road closures before heading out.

For additional information on winter weather safety and what to do before, during and after a winter storm, visit the [Ohio Emergency Management Agency](#), and [Ohio Committee for Severe Weather Awareness](#) websites.

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