

# PROTECT YOURSELF FROM EXTREME

# COLD

**Plan Ahead.** Prepare for a winter storm before it hits by preparing your house and car; and stocking up on emergency supplies such as blankets, coats and shoes. Free or low-cost clothing and supplies are available at the Good News Rescue Mission, Living Hope or People of Progress.

**Stay Inside.** When temperatures drop well below normal, staying warm and safe can become a challenge. Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and the elderly are at highest risk. Check on your neighbors or relatives who may be vulnerable.



**Keep Warm.** If conditions are too cold, seek shelter at home, with friends, or the Good News Rescue Mission where anyone can stay warm during the day when it is extremely cold, stay overnight and get a warm meal.



**Good New Rescue Mission: 3100 South  
Market St., Redding 241-5754**



**Cold Weather and Winter Storm Protection Tips:** Conserve water, especially if you are on a well. Keep doors, windows and draperies closed to retain heat. Be extremely careful of fire hazards caused by candles or other flammable sources. Never leave a candle unattended. Stay indoors during winter storms. Dress warmly and in layers and cover your head, especially children. Avoid alcohol. Walk carefully on snowy, icy, sidewalks to avoid falls. Be extremely careful shoveling snow. Take frequent breaks and avoid overexertion.



**Protect yourself from CO poisoning:** Never use a gas range or oven to heat a home. When using kerosene heaters, gas lanterns or stoves indoors, it is extremely important to maintain ventilation to avoid a build-up of toxic fumes. Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a house, garage, tent, or camper. Keep vents and flues free of debris. If CO poisoning is suspected, consult a health care professional right away.

## Warnings signs of hypothermia:

**Symptoms:** Adult and child symptoms include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness. Infant symptoms include: bright red, cold skin and/or very low energy.

**What to do:** If you notice any of these signs, the situation is an emergency—**get medical attention immediately!**



Health and Human  
Services Agency

**For more information, call 225-5591, 1-800-971-1999 or visit [www.shastahhsa.net](http://www.shastahhsa.net)**