

# BE PREPARED AND SAFE DURING EXTREME COLD

FOR IMMEDIATE RELEASE:

01/08/2015

With arctic temperatures expected to impact **Southeast Michigan** through this weekend the **City of Livonia Emergency Preparedness** is encouraging citizens to be extra cautious when going out in the extreme cold.

Now is the time to prepare and to take the proper precautions. Residents are encouraged to monitor local weather reports and follow the appropriate steps to stay safe during these extremely cold and potentially life-threatening temperatures.

The National Weather Service is forecasting statewide temperatures to hover around zero with wind chills below zero until next week. Exposure to these temperatures could potentially cause frostbite and hypothermia, as well as create hazardous driving conditions.

To stay safe during cold weather:

- Stay indoors if possible. If you must go outside, wear protective gear—such as hats, mittens and gloves—in addition to a warm coat. Always protect your lungs with a scarf.
- Watch for signs of frostbite, which include loss of feeling or pale appearance of fingers, toes or face.
- Watch for signs of hypothermia, which include uncontrollable shivering, memory loss, drowsiness and exhaustion.
- Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly and could lead to severe hypothermia.
- Remove clothing if it gets damp or wet. Wet clothing can make you more prone to hypothermia.
- Weather-proof doors and windows to trap heat inside your home.
- Check heating units. Poorly operating or damaged heating units can release carbon monoxide gas. Test carbon monoxide detectors for proper operation and battery life.
- Check on family, friends and neighbors who are at risk and may need additional assistance.
- Watch pets closely and keep them indoors when possible. Animals can suffer from hypothermia, frostbite and other cold weather injuries.
- Check and restock your emergency preparedness kit. If you don't have a kit, make one.
- Minimize travel. If travel is necessary, keep a full tank of gas and an emergency preparedness kit in your vehicle. Put warm clothing—such as gloves, blankets and hats—in your kit in case you become stranded.

Michigan weather is unpredictable any time of year, but especially during the winter months. If you are stranded, do not leave your vehicle. Stay with the vehicle and wait for help.

Travelers are encouraged to go to [www.michigan.gov/roadconditions](http://www.michigan.gov/roadconditions) and [www.michigan.gov/drive](http://www.michigan.gov/drive) to check road conditions before traveling. Road conditions are also available by calling the Michigan State Police Travel Hotline at 1-800-381-8477.