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### **Get Ready for Bitterly Cold Temperatures This Week**

(MADISON) – Dangerously cold temperatures and frigid wind chills are in the forecast for much of Wisconsin this week. ReadyWisconsin is reminding everyone about precautions you and your family should take to keep safe.

**Forecast** – The National Weather Service has issued a Wind Chill Advisory for much of Wisconsin tonight through Thursday morning. Highs will hover just above 0 degrees for much of the state with wind chills of -20 to -35 degrees.

**Health Risks** – With these bitter temperatures, beware of hypothermia and frostbite. 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. Frostbite can occur on exposed skin in less than 10 minutes. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ear tips and tip of the nose. Limit your time outside. If you see these signs, seek medical care immediately! Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness in adults and children. In infants, symptoms can include bright red or cold skin and very low energy. If you notice anyone exhibiting any of the symptoms of hypothermia, seek medical care immediately!

**Carbon Monoxide Danger** - Breathing carbon monoxide displaces the oxygen in the blood and can cause death within minutes at high levels. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches, fatigue, dizziness, shortness of breath/chest pain, nausea/vomiting, and confusion. If you or someone you know experience any of these symptoms, or your carbon monoxide detector sounds an alarm, seek shelter elsewhere immediately and call 911. Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or an unventilated garage. Any heating system that burns fuel will produce carbon monoxide. Make sure you have a working carbon monoxide detector.

**Pet Precautions** - It is recommended to bring them indoors during this bitter weather. Dogs and cats can get frost bitten ears, nose and feet if left outside during bitter cold weather. Cats sometimes crawl under cars and into the engine compartment, seeking shelter and warmth. Bang on the hood before starting the car on cold days to startle sleeping animals.

**On the road** - If you are traveling make sure you have a winter emergency kit in your vehicle. Items to include in the kit are candles and matches, a flashlight, pocket knife, snacks, a cell phone adapter, a blanket and extra clothing. Call 511 or go to [www.511wi.gov](http://www.511wi.gov) for the latest Wisconsin road conditions before traveling especially on Friday.

For additional information, visit our website (<http://readywisconsin.wi.gov>) and follow us on Facebook ([www.facebook.com/readywisconsin](http://www.facebook.com/readywisconsin)) and Twitter ([www.twitter.com/readywisconsin](http://www.twitter.com/readywisconsin)).