

HEALTH TIPS FOR EXTREME COLD WEATHER

Here are some tips to help you stay safe and healthy during this extremely cold weather:

While you are indoors:

- Have a supply of bottled water and non-perishable food on hand, as well as your prescription medications.
- Include a flashlight, cell phone, portable radio & batteries, extra blankets, and a first aid kit with your emergency supplies.
- Use fireplaces, wood stoves, or other type of heaters only if they are properly vented to the outside.
- Never leave lit candles unattended.
- Do not use charcoal or gas grills indoors.
- Be sure to have a working carbon monoxide detector in your home.
- Keep fire extinguishers on hand, and make sure everyone in the home knows how to use them.
- In case of a power loss, be sure to have extra blankets, sleeping bags, and warm clothing on hand.
- Have a cell phone and emergency charging option available in case of a power failure.
- Be sure family members have a plan in place to contact each other in an emergency.
- Periodically check in on elderly family members and neighbors during an emergency.
- Be sure to provide food and water for your pets.

Outdoors:

- If you must travel outdoors in the cold weather, be sure others are informed of your schedule, and stay on the main roads.
- Wear a hat or hood as most body heat is lost through the head.
- Dress in warm layers, and cover as much skin as possible
- Wear waterproof footwear.
- Cover your face and mouth with a scarf or knit mask;
- Mittens are warmer than gloves.
- Be sure your boots, shoes and coats are water resistant.
- Wear several layers of loose-fitting clothing.
- Never leave a pet outdoors in extreme cold.
- When shoveling snow, push the snow rather than lifting it to avoid the risk of a heart attack.

Prepare your Vehicle:

- Have a mechanic check your vehicle to be sure it is completely winterized (brakes, heater, windshield wipers, etc.)
- Have an ice scraper, extra blanket, sand or rock salt for traction, and jumper cables available

Important Phone Numbers in an Emergency:

Freehold Borough Police Department	732 462-1233
Emergencies	Dial 9-1-1
Freehold First Aid	Dial 9-1-1
Jersey Central Power & Light:	888 544-4877
New Jersey Natural Gas Co.:	800 221-0051