



FREDERICK COUNTY GOVERNMENT

OFFICE OF THE COUNTY EXECUTIVE

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County Executive

News Release

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Residents Cautioned about Extreme Temperatures

FREDERICK, MD -The Frederick County Department of Emergency Preparedness reminds citizens to take safety precautions in preparation for what the National Weather Service predicts will be frigid conditions overnight tonight and into tomorrow. A wind chill advisory is in effect for Frederick County from 6 p.m. today until noon Thursday. Temperatures are expected to remain in the teens this evening, with wind chill values as low as 13 degrees below zero overnight. Frostbite and hypothermia are possible if precautions are not taken. Residents are encouraged to stay inside.

Here are some tips on how to deal with extreme cold:

- Watch for signs of frostbite or hypothermia. Signs of frostbite include a loss of feeling around the face, fingers and toes. Signs of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If you see these signs of these conditions, move the affected person to a warm location and get medical help as soon as possible.
- Do not leave pets outdoors for a long time during cold weather. Pets can suffer hypothermia, too, so keep them safe and warm.
- Check on neighbors, particularly those who are elderly, who are caring for young children or living alone.
- Drive only if it is absolutely necessary. If you must drive, stay on major roads and keep an emergency kit with a blanket in your car.
- If you must be outside, take frequent breaks, dress in layers and keep extremities covered.
- If pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- If you use a kerosene heater, maintain ventilation to avoid a buildup of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- DO NOT use candles for light. Candles are a leading cause of house fires. Instead, stock battery-operated lights, such as flashlights, and a good supply of batteries.
- Keep a battery-operated radio and batteries on hand to stay abreast of news and information. Keep cell phones fully recharged.
- Register for emergency messages at www.FrederickCountyMD.gov/ALERT.

For additional preparedness tips, visit www.FrederickCountyMD.gov/READY or contact the Department of Emergency Preparedness at EM@FrederickCountyMD.gov or 301-600-1746.

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