

**CITY OF ORANGE TOWNSHIP, NJ
Honorable Mayor Dwayne Warren, esq.**

**THE OFFICE OF EMERGENCY MANAGEMENT
COORDINATOR RAYMOND WINGFIELD**

PUBLIC SERVICE ANNOUNCEMENT



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PUBLIC SERVICE ANNOUNCEMENT

Severe Weather Public Service Announcement

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.

Therefore, once the City of Orange Township along with the Orange Office of Emergency Management offer the following recommendations;

- Stay off roads
- Stay indoors and dress warmly
- Prepare for power outages
- Use generators outside only and away from windows
- Listen for emergency information and alerts
- Look for signs of hypothermia and frostbite
- Check on neighbors

PREPARE:

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA).
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Learn the signs of, and basic treatments for, frostbite and hypothermia (see attachment).

FROSTBITE

Frostbite is when skin and underlying tissues freeze after being exposed to very cold temperatures. The area's most likely to be affected are the fingers, toes, ears, cheeks and chin.

Early signs of frostbite are a numb, pale patch of skin, or skin that feels hard or looks waxy.

You can treat mild frostbite (frostnip) with first aid. All other frostbite requires medical attention. First-aid steps for frostbite are as follows:

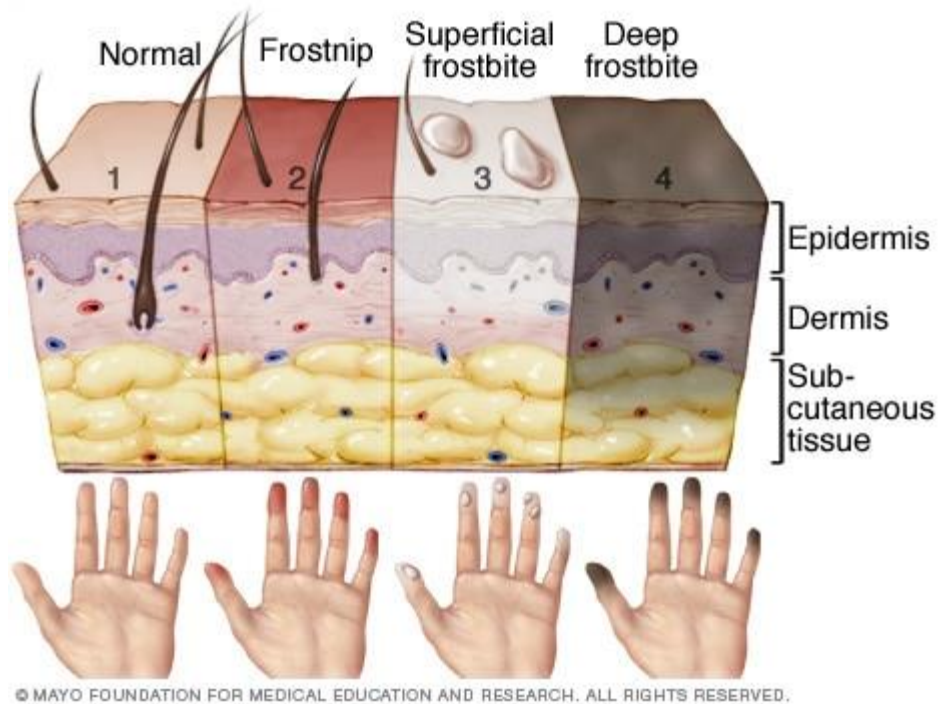
- **Check for hypothermia.** Get emergency medical help if you suspect hypothermia. Signs and symptoms of hypothermia include intense shivering, drowsiness and muscle weakness, dizziness, and nausea.
- **Protect your skin from further damage.** If there's any chance the affected areas will freeze again, don't thaw them. If they're already thawed, wrap them up so that they don't refreeze.

If you're outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Don't rub the affected area and don't walk on frostbitten feet or toes if possible.

- **Get out of the cold.** Once you're indoors, remove wet clothes and wrap up in a warm blanket. Take care to not break any blisters.
- **Gently rewarm frostbitten areas.** Soak the frostbitten areas in warm water — 99 to 104 F (37 to 40 C). If a thermometer isn't available, test the water by placing an uninjured hand or elbow in it — it should feel very warm — not hot. Rewarming takes about 30 minutes. Stop the soaking when the skin becomes its normal color or loses its numbness.

Don't rewarm frostbitten skin with direct heat, such as a stove, heat lamp, fireplace or heating pad. This can cause burns.

- **Drink warm liquids.** Tea, coffee or soup can help warm you from the inside. Don't drink alcohol.
- **Consider pain medicine.** If you're in pain, consider an over-the-counter pain reliever.
- **Know what to expect as skin thaws.** If the skin turns red and you feel tingling and burning as it warms, normal blood flow is returning. Seek emergency help if numbness or pain persists during warming, or if you develop blisters.



Skin without cold damage is normal

Frostnip is mild frostbite that irritates the skin, causing redness, prickling and a cold feeling followed by numbness. Frostnip doesn't permanently damage the skin and can be treated with first-aid measures.

With superficial frostbite your skin feels warm, a sign of serious skin involvement. A fluid-filled blister may appear within 24 hours after rewarming the skin. With deep frostbite you may experience numbness.

Joints or muscles may no longer work. Large blisters may form a day or two after rewarming. Afterward, the area turns black and hard as the tissue dies.

HYPOTHERMIA TREATMENT

1. CALL **911** IF YOU SUSPECT HYPOTHERMIA

Symptoms of hypothermia in adults and children include:

- Confusion, memory loss, or slurred speech
- Drop in body temperature below 95 Fahrenheit
- Exhaustion or drowsiness
- Loss of consciousness
- Numb hands or feet
- Shallow breathing
- Shivering

In infants, symptoms include:

- Bright red, cold skin
- Very low energy level

2. Restore Warmth Slowly

- Get the person indoors.
- Remove wet clothing and dry the person off, if needed.
- Warm the person's trunk first, not hands and feet. Warming extremities first can cause shock.
- Warm the person by wrapping him or her in blankets or putting dry clothing on the person.
- Do not immerse the person in warm water. Rapid warming can cause heart arrhythmia.
- If using hot water bottles or chemical hot packs, wrap them in cloth; don't apply them directly to the skin.

3. Begin CPR, if Necessary, While Warming Person

If the person is not breathing, start CPR immediately. Hypothermia causes respiratory rates to plunge, and a pulse might be difficult to detect.

4. Give Warm Fluids

- Give the person a warm drink, if conscious. Avoid caffeine or alcohol.

5. Keep Body Temperature Up

- Once the body temperature begins to rise, keep the person dry and wrapped in a warm blanket. Wrap the person's head and neck, as well.

6. Follow Up

- At the hospital, health care providers will continue warming efforts, including providing intravenous fluids and warm, moist oxygen.