Cold Weather ALERT

Freezing Temperatures Are Upon Us

(Newark, New Jersey) – The weather forecast is for extremely low temperatures. As the temperature drops, the risk for hypothermia and carbon monoxide poisoning increases.

Hypothermia, a body temperature of less than or equal to 95°F, kills many Americans every year. Infants, children, and the elderly are at greatest risk for hypothermia. Signs and symptoms of hypothermia may include:

- numbness
- fatigue
- poor coordination
- slurred speech
- impaired mental state
- blueness or puffiness of the skin
- difficulty concentrating
- death

NJPIES recommends:

- Stay warm and dress appropriately! For prolonged exposure to cold, wear insulated or layered clothing that does not retain moisture. Wear a head cover!
- Avoid over-exertion and excessive sweating in the cold.
- Warm beverages can help increase the body temperature.
- Avoid drinking alcohol, especially in cold temperatures.
- Some medications may increase your risk. Check with your doctor, pharmacist or call the Poison Control Center

Carbon monoxide is a clear and odorless poisonous gas. Unintentional carbon monoxide poisoning is common during severe weather conditions. Signs and symptoms of carbon monoxide poisoning may include:

- headaches
- sleepiness
- fatigue
- confusion and irritability
- nausea
- vomiting
- irregular heartbeat
- impaired vision and coordination
- death

NJPIES recommends:

- Never use gasoline powered equipment/generators or tools and/or kerosene heaters inside the house or in enclosed spaces.
- DO NOT leave the car running inside the garage with the garage door closed.
- DO NOT use charcoal or propane grills inside the home. Do NOT heat the house/apartment with the stove!
- Clear any snow accumulation from all outside dryer and heating vents.
- Install Carbon Monoxide detectors in homes and check them periodically to make sure they are working properly.

If you suspect a poisoning, call the poison control center for immediate treatment advice as well as for prevention information. Call the Poison Help Hotline at 1-800-222-1222, to speak with a poison information specialist (trained medical professionals) 24 hours a day/ 7 days a week. Our specialists will provide you with the most up to date emergency treatment advice, and will answer any drug or poison information question you may have. Remember, Help Is Just A Phone Call Away!

located at University of Medicine & Dentistry of New Jersey

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