

# ONEIDA COUNTY HEALTH DEPARTMENT

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## ADMINISTRATION

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### News Release

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### Winter Cold Weather Tips

Oneida County Health Department advises cold weather, winter storm prevention tips. When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Exposure to cold temperatures, can cause other health related problems. Phyllis Ellis, Oneida County Health Director cautions “infants and older adults are particularly at risk, but anyone can be affected”.

When the weather is extremely cold, especially with high winds, wind chill, try to stay indoors if possible, remember these tips:

- **Dress Warmly and Stay Dry**, protect yourself from frostbite and hypothermia by wearing warm, loose fitting lightweight clothes in layers.
- **Avoid Exertion**, cold weather puts an extra strain on the heart, especially if shoveling snow.
- **Understand Wind Chill**, as the speed of the wind increases, it can carry heat away from your body, much more quickly causing skin temperature to drop.
- **Avoid Ice**, walking is extremely dangerous. Many injuries result from falls on ice covered sidewalks, steps, driveways, etc.
- **Be aware of cardiac symptoms** while shoveling snow.
- **Bring animals indoors** if possible and assure access to food and water.
- **Be aware of children** playing on or around snow banks, near roads.
- **Assure Carbon monoxide detectors** working in your home, Carbon Monoxide is odorless, colorless and undetectable without a detector. If the alarm sounds, move quickly to fresh air location.
- **Assure entrances** to homes are cleared to allow access for emergency responders.

Phyllis Ellis advises “Assist those who may require special assistance, such as the elderly living alone and those with disabilities. “Keep in touch to assure that they are warm, have heat, food and are safe.

For more information on Winter Weather: <http://emergency.cdc.gov/disasters/winter/>