

FOR IMMEDIATE RELEASE

Health Unit Issues Cold Weather Warning for Peterborough City and County

Friday, January 21, 2011, Peterborough

The Peterborough County-City Health Unit issued a Cold Weather Warning for a predicted temperature lows ranging from -25°C to – 22 °C (without wind chill) for today through to Monday, January 24.

Extreme cold events are a potentially significant health risk and can have a severe impact on the health of vulnerable populations including infants, the elderly, shut-ins, people with chronic diseases, the morbidly obese and the marginally housed.

In order to protect the health of people in Peterborough County and City, the Health Unit advises local residents to take the following precautions:

1. Take action to avoid injuries from the cold:
 - Cover unprotected skin
 - Avoid prolonged outdoor exposure
 - Drink warm fluids (no alcohol or caffeine)
 - Watch for signs of frostbite and hypothermia
2. Check on the elderly or people with disabilities living alone
3. Maintain a warm indoor environment, ideally 20°C or warmer

Cold related illnesses include:

Hypothermia: Symptoms/signs include: shivering, exhaustion, confusion, fumbling/uncoordinated movements, memory loss, slurred speech, drowsiness.

Frostbite: Symptoms/signs include white/grayish skin area, skin that feels unusually firm or waxy, or numbness.

Increases in other health problems can also be seen, especially for those with other chronic medical conditions such as heart conditions.

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Communications Office

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The following heated public facilities are available to local residents seeking a place to warm up:

- Public libraries
- Community centres
- Peterborough Sport & Wellness Centre at 775 Brealey Drive
- Local malls
- Emergency shelters, such as Our Space, Brock Mission and Youth Emergency Shelter
- Any public heated space

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For further information, please contact:

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