

**FOR IMMEDIATE RELEASE**

**Health Unit Issues Frostbite Alert for Peterborough City and County**

**02, January, 2012, Peterborough**

The Peterborough County-City Health Unit has issued a Frostbite Alert because of a forecasted wind chill of -29 tonight.

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, residents 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:

- Check face and extremities frequently for signs of frostbite.
  - Exposed skin can freeze in as little as 10 to 30 minutes.
- Consider re-scheduling outdoor recreational activities tonight.
  - There is a serious risk of hypothermia if outdoors for long periods.
- Check on the elderly or people with disabilities living alone.

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.

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

- Shelters - Brock Mission and the Youth Emergency Shelter.

**For further information, please contact:**

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