

FOR IMMEDIATE RELEASE

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Extreme Cold Temperatures on the Way

As temperatures drop, take steps to stay warm

Eau Claire- January 23rd, 2019- A cold wave will bring the coldest temperatures of the season to Eau Claire through the upcoming weekend. This will result in temperatures ranging from single digits to wind chills of -20 degrees or colder. These temperatures cause a risk for anyone outside for any amount of time.

“Freezing temperatures, wind chills, and winter storms can cause hypothermia, frostbite, and even death,” says Tyler Esh. In the 2017-2018 winter season, 38 people in Wisconsin died from exposure to extreme cold.

“The best way to stay safe during extreme cold is to be prepared,” says Lieske Giese. **To protect yourself and your family during extreme cold, follow these safety tips:**



- **When possible, stay indoors.**
 - If you don't have shelter, we encourage you to visit public buildings that are open during normal business hours this weekend. For non-business hours, we encourage finding friends, family, or someone willing to let you stay at their place and out of the cold.
- **Dress in layers.** If you have to venture out, dress in several loose-fitting layers. Wear a hat, mittens, and snow boots. Use a scarf to cover your mouth and face.
- **Never run a propane heater, oven or a grill inside your home or garage to keep warm.** Using these appliances can increase risk for carbon monoxide poisoning which can cause significant medical issues (and even death).
- **Make sure you have working carbon monoxide detectors.** All homes and duplexes in Wisconsin are required to have properly working detectors on every level, including the basement, but not the attic or storage areas. Detectors can be purchased at most hardware stores for \$20-50.

Visit the [Wisconsin Department of Health Services website](#) for more information about staying safe during extreme cold.

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