



January 6, 2014
For Immediate Release
Village Manager's Office

Extreme Cold Notice

The Village of Deerfield reminds residents of the importance of staying warm and safe in the extreme cold temperatures to which they may be exposed over the next few days. Exposure to cold temperatures, whether indoors or outdoors, can be dangerous to anyone, but particularly to the elderly, infants and young children, persons with disabilities and people on medication.

Village of Deerfield – Warming Centers

Deerfield Village Hall
850 Waukegan Road
Deerfield, Illinois 60015
847.945.5000
Monday through Friday: 8:00 a.m. – 4:30 p.m.

Deerfield Police Department
850 Waukegan Road
Deerfield, Illinois 60015
847.945.8636
24 hours a day

Deerfield-Bannockburn Fire Protection District
500 Waukegan Road
Deerfield, Illinois 60015
847.945.4066
24 hours a day

What constitutes extreme cold?

A cold emergency is in effect when the national weather service issues a wind-chill advisory. The criteria for a wind chill advisory is wind chill equivalent -30° Fahrenheit or colder.

Dressing for the cold

If you need to be outside, the following suggestions will help keep you warm and protect your body from excessive heat loss.

- Wear several layers of lightweight clothing, rather than one or two layers of heavy garments. The air between the layers of clothing acts as insulation to keep you warmer.
- Cover your head. You lose as much as 50 percent of your body heat through your head.
- Wear mittens rather than fingered gloves.
- Wear warm leg coverings and heavy socks or two pairs of lightweight socks.
- Wear waterproof boots or sturdy shoes that give you maximum traction.
- Cover your ears and the lower part of your face. The ears, nose, chin and forehead are most susceptible to frostbite. Cover your mouth with a scarf to protect the lungs from directly inhaling extremely cold air.

Heating Safety

For people still needing to use alternative sources of heat, keep in mind:

- Any heater that uses wood, coal, natural gas or kerosene produces carbon monoxide (CO), so adequate ventilation is essential.
- Never use a generator indoors, even with open doors or windows.
- Do not use charcoal or gas grills indoors.
- Do not use a gas oven to heat your home.

You cannot see or smell carbon monoxide (CO), but at high levels it can kill a person in minutes. Symptoms of mild to moderate CO poisoning include headaches, dizziness, nausea and lethargy. Higher levels of CO exposure can cause fainting, confusion and collapse and if exposure continues, death can result.

How to prevent cold related illnesses:

- Conserve heat within the home by avoiding extra ventilation
- Monitor your body temperature
- Keep a water supply
- Eat and drink wisely by consuming well-balanced meals. Avoid alcoholic or caffeinated beverages
- Dress warmly and stay dry
- Avoid exertion
- Understand wind-chill
- Be cautious about travel

Have an emergency supply kit for both your home and car.

In the kit include:

- Blankets
- Matches
- Standard first-aid kit
- Flashlight
- Battery-powered radio
- Extra batteries
- Snow shovel
- Booster cables
- Mobile phone
- Compass
- Tool kit
- Brightly colored cloth

For more information on preparing for winter weather emergencies, please visit <http://www.alertlakecounty.com>

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Released by the Village Manager's Office
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847.945.5000