

ECHO Phone



Emergency, Community and Health Outreach

Seasonal Advice: Extreme Cold Advisory

EZ Route File Name: GRN Cold Adv

Level: Green Call Flow

Node: Seasonal Advice 1 (in all languages)

***Use this file only in the winter season (Nov, Dec, Jan, Feb, & Mar)**

TRANSLATION DEADLINE: MONDAY, OCTOBER 30

Minnesota can get very cold in the winter. To stay safe, you and your family should wear warm clothing from head to toe. Wear extra layers of clothing under coats, and wear a winter hat or cap that covers the ears. Don't let children play outside too long. They should wear snow suits or snow pants. If your body is shaking because of the cold, it's a sign that you are losing too much body heat and it's time to go inside.

People who stay in the cold for a long time can get sick because they have lost a lot of body heat. People in greatest danger of suffering from cold are sleeping babies and older people left in a cold room [i.e. BOTH babies and elderly who are left in a cold place], people who use alcohol or illegal drugs, and anyone who has not eaten or does not have warm clothing. If their skin is cold, if they look confused and sick, and if they were in a cold area for a long time, they may have hypothermia [dangerously low body temperature]. People with hypothermia should be brought to a warm place and covered in blankets. Also, fingers, toes, noses and ears and other delicate body parts exposed to cold air can become "frost-bitten" [or: you can just say "frozen"]. Frozen body parts are numb [have lost nerve sensation] and look white. Immediately, place the frozen body part in warm, not hot, water or cover it in a warm towel. If you suspect that anyone has hypothermia or frost-bite, contact a doctor immediately.

To learn how to prepare emergency items in advance, press 2.

To hear this information again, press 3.