

Take Action to Prevent Cold Related Illnesses

Know the signs and symptoms of:

HYPOTHERMIA

- ❄️ Severe shivering and dizziness
- ❄️ Confusion and memory loss
- ❄️ Exhaustion and drowsiness

FROSTBITE

- ❄️ Frostbite is most likely to occur on fingers and/or toes
- ❄️ Skin may look gray, white or yellow
- ❄️ Skin may feel numb

If someone feels ill due to the cold, take immediate steps to warm the person, see a doctor or call 911.

Protect Pets From the Cold

- ❄️ Provide shelter from rain and wind
- ❄️ Bring pets inside during the night if very cold weather is expected
- ❄️ Small and short-haired dogs may need a sweater
- ❄️ Collars made of leather or nylon with plastic buckles are safer for dogs than metal



Need Help? Want more Information?

❄️ PLEASE CALL: ❄️

IN-HOME SUPPORTIVE SERVICES

3821 N. Clark Street
Fresno, CA 93726

☎️ (559) 600-6666

8:00 am - 5:00 pm
Monday - Friday

ADULT PROTECTIVE SERVICES

2025 E. Dakota Avenue,
2nd Floor
Fresno, CA 93726

☎️ (559) 600-3383 or

☎️ (800) 418-1426

24 hour crisis line

FRESNO COUNTY EOC

☎️ (559) 263-1135

Assistance with utility payments

PG&E CARE PROGRAM

☎️ 1-866-743-2273

Discounts for low- or fixed-income households



Department of Social Services

www.co.fresno.ca.us

In-Home Supportive Services

Adult Protective Services

Department of Public Health

www.fcdph.org



COLD Weather!

❄️ **Stay Warm Stay Safe**
What You Need to Know

Important information
brought to you by...



Department of Social Services

In-Home Supportive Services

Adult Protective Services

Department of Public Health

When It's Cold!

Call friends, neighbors and loved ones each day to make sure they are alright.



Keep yourself and your family warm!

DRESS FOR WARMTH



- Wear several layers of clothing – this keeps in the body heat more effectively than one heavy layer
- Wool and man-made fibers are warmer than cotton
- Wear a hat that covers the ears
- Wear gloves — mittens keep your hands even warmer than gloves
- Wear water proof shoes

LIMIT EXPOSURE

- Stay indoors or schedule outdoor activities for the middle of the day when it is warmer.
- Avoid direct exposure to the wind. (Wind can make cold conditions even worse)
- Stay dry

Eat and drink wisely

Healthy food helps the body work well. Eat well-balanced meals.

The body needs fluids, including water, even when the weather is cold — try warm soup



Avoid alcohol — it impairs the body's ability to warm itself



Know your medications

Some medicines make the body more sensitive to cold

Older adults, people with chronic health conditions, and very young children are at highest risk for cold-related illness

Keep your home warm and safe

Use heavy drapes or window coverings to help keep warm air in and cold air out

Close unused areas of the house to save on heating costs

Use battery-powered flashlights or lanterns during power failures (not candles)



Use a fireplace or wood stove only if they are properly vented to the outside. (Burn days are broadcast on TV, radio and posted on the internet)



Keep your home warm and safe

Never use a stove, oven, barbecue or gasoline engines for heating your home



Do not burn paper in a fireplace

Do not place a space heater within 3 feet of anything that could catch on fire



Do not use extension cords to plug in your space heater

Do not use candles to light your home. If unattended, lit candles can start fires

DANGER!! DANGER!!

Make sure your smoke detector is working! Check the batteries at least two times a year.



Protect yourself from carbon monoxide (CO) poisoning by installing a battery operated CO detector. Check the batteries at least two times a year.



Carbon monoxide is a deadly gas that you cannot smell, see or taste.

Good old-fashioned ways to stay warm

Wear a sweater, a cap and socks — even indoors



Drink warm fluids such as soup or hot beverages



Wrap a blanket around the body and legs when sitting still

