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For Immediate Release  
January 20, 2011

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## Extreme Cold Weather to Reach Milwaukee Area Thursday

*City Health Officials remind residents to take precautions to avoid injury*

The City of Milwaukee Health Department is urging all residents to take precaution as bitterly cold temperatures coupled with strong winds move into the area Thursday night.

The National Weather Service (NWS) says that temperatures will range from 0 to -15 with strong wind gusts and wind chills of 20 to 30 degrees below zero will begin Thursday night and continue through Friday morning.

Parents should ensure that young children are dressed properly before going to school and limit their time outside.

If precautions are not taken, severe frostbite and hypothermia could occur. Hypothermia occurs when the body loses heat faster than it can produce it and resulting in abnormally low body temperature, a potentially life-threatening condition. Frostbite occurs when unprotected skin is exposed to very cold temperatures and freezes. Frostbite may cause the affected area to appear white or grayish yellow and feel unusually firm or waxy. Both hypothermia and frostbite are conditions that require immediate medical treatment. A body temperature below 95° F is a medical emergency and can lead to death if not treated promptly.

It is important to note that people who are involved in outdoor cold weather activities such as ice fishing, snowmobiling or skiing should always be aware of weather conditions and be properly dressed to protect themselves from prolonged outdoor exposure.

In addition, the elderly are more susceptible to extreme cold so it is important to check in on elderly neighbors. Also, please remember that pets need extra care when temperatures fall.

Other cold weather safety tips:

- If you are going to be outside, let someone know where you are going and when you expect to return.
- Make a car survival kit including blankets, sleeping bags, extra clothing and high-energy foods.
- Be sure your vehicle's fuel tank is at least half-full and the battery is charged.
- Do not touch metal surfaces with uncovered hands flesh can freeze instantly to the surface
- Do not drink alcohol before participating in an outdoor activity. Alcohol can reduce your brain's ability to recognize your body's warning signs when it becomes too cold.
- Layer clothing and use hats and ski masks to cover nose and ears when going outdoors.

For more information visit the City of Milwaukee Health Department website at [www.milwaukee.gov/health](http://www.milwaukee.gov/health)