

## **Greene County Public Health**

Melissa Howell MS, MBA, MPH, RN, REHS, Health Commissioner Kevin L. Sharrett, MD, Medical Director

# **Press Release**

For Immediate Release January 14, 2025

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### **Available Warming Centers In Place for Extreme Cold This Week**

**XENIA, OH** – As officials from the <u>National Weather Service (NWS)</u>, the Greene County Emergency Management Agency (EMA), and Greene County Public Health (GCPH) officials monitor the cold front, residents across the region are encouraged to take precautions in the extreme cold temperatures.

According to the NWS, the combination of very cold temperatures and wind will result in wind chill values ranging from 0 to 10 below zero this week. "Everyone should continue to monitor their local weather forecasts and be prepared to protect your health and safety," stated Kim Caudill, Emergency Preparedness Coordinator for Greene County Public Health. "Extreme cold can pose a significant danger to people, pets, and those exposed to the elements. She added, "Look out for your neighbors, stay warm, and if you must travel, be cautious during any potential winter weather conditions."

#### Warming Centers available in Greene County | Open during regular business hours only

Beavercreek Senior Center	3868 Dayton Xenia Rd., Beavercreek, OH 45432	937-426-6166
Fairborn Senior Center	325 N 3rd St., Fairborn, OH 45324	937-878-4141
Yellow Springs Senior Center	227 Xenia Ave., Yellow Springs, OH 45387	937-767-5751
Beavercreek Community Library	3618 Dayton-Xenia Rd., Beavercreek, OH 45432	937-352-4001
Cedarville Community Library	20 South Miller St., Cedarville, OH 45314	937-352-4006
Fairborn Community Library	1 East Main St., Fairborn, OH 45324	937-878-9383
Jamestown Community Library	86 Seaman Dr., Jamestown, OH 45335	937-352-4005
Winters-Bellbrook Community Library	57 West Franklin St., Bellbrook, OH 45305	937-352-4004
Xenia Community Library	76 East Market St., Xenia, OH 45385	937-352-4000
Yellow Springs Community Library	415 Xenia Ave., Yellow Springs, OH 45387	937-352-4003
John Bryan Community Center	100 Dayton St., Yellow Springs, OH 45387	937-767-7202
Fairborn Police Department Lobby	70 W. Hebble Ave., Fairborn, OH 45324	937-754-3000

#### **Protective Actions You Can Take**

Monitor local weather forecasts for the latest updates.

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- Follow the guidance of your local officials. Check with your local and state emergency management agency for the latest updates and available resources.
  - o If you are told to stay off the roads, stay home.
  - When it is safe, check on your neighbors or friends nearby who may need assistance or extra support.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
  - o **Frostbite** causes loss of feeling and color around the face, fingers, and toes.
    - ✓ **Signs:** Numbness, white or grayish-yellow skin, firm, or waxy skin
    - ✓ Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
  - Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
    - ✓ **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
    - ✓ **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.
- Do not leave your pets exposed to extreme temperatures for long periods of time.
- Create an <u>emergency supply kit for your car</u>. Include jumper cables, sand for traction, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

For more information, please visit <u>www.weather.gov</u> and <u>www.ready.gov</u> on tips and information about preparing for winter weather.

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