

## Extreme Cold Safety Tips

**Extreme cold events** create a higher risk of hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Extreme cold can:

Last a few hours or several days;  
Knock out heat, power, and communication services; and  
Place older adults, young children, and sick individuals at greater risk.

### General Information

- Minimize travel.
- Stay indoors during the worst part of the extreme cold.
- Stay off roads.
- Keep a [winter survival kit in your vehicle](#) if you must travel.
- Check tire pressure, antifreeze levels, heater/defroster, etc.
- Learn how to shut off water valves for potential pipe bursts.
- Check on neighbors.
- Check on the elderly.
- Bring pets inside.
- Use generators outside only and away from windows and garages.

### How Should I Dress?

- Wear layers of loose-fitting, lightweight, warm clothing, and a hat.
- Mittens, snug at the wrist, are better than gloves.
- Cover your mouth to protect your lungs from extreme cold.
- Try to stay dry and out of the wind.

For residents experiencing a heating emergency, warming centers are available throughout the County to provide relief from the cold temperatures. [Click here](#) for a complete list of warming center locations in Prince George's County.