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FOR IMMEDIATE RELEASE
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NEWS RELEASE

COLD WEATHER ADVISORY FOR ST. JOHNS COUNTY

ST. JOHNS COUNTY – St. Johns County Health Department issues a reminder to its residents and visitors to be prepared for the cold nights ahead. It is important to know that exposure to cold temperatures, whether indoors or outside, may cause serious or life-threatening health problems. While anyone can be affected, infants and the elderly are particularly at risk.

In a statement made earlier this week, Dr. Allicock, Director of St. Johns County Health Department, said “Taking simple, preventive measures is the best defense against having to deal with extreme cold-weather conditions. By preparing your home and vehicles in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, the risk of weather-related health problems can be greatly reduced.”

Residents and visitors are encouraged to listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

Remember the "**Five P's**" of cold weather safety: **P**rotect People, **P**rotect Plants, **P**rotect Pets, **P**rotect Exposed Pipes, and **P**ractise Fire Safety.

Dr. Allicock offers the following safety measures for the winter season:

- Stay indoors and use safe heating sources. *(Be aware of the fire dangers associated with space heaters and candles and be sure to keep them at a safe distance from all flammable materials.)*
- Indoors: Do not use charcoal or other fuel-burning devices, such as grills that produce carbon monoxide. *(Install at least one carbon monoxide detector per floor in your home.)*
- Outdoors: Stay dry and in wind-protected areas.
- Wear multiple layers of loose-fitting, warm clothing.
- Drink non-alcoholic fluids.
- Shelter or bring inside animals, especially pets.

For more information concerning cold weather preparedness, please visit the Florida Division of Emergency Management website at: www.FloridaDisaster.org. Additional information is also available at the Centers for Disease Control and Prevention’s (CDC) webpage for Emergency Response & Preparedness (<http://emergency.cdc.gov/disasters/winter/>).

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***Our Mission:** Promote, protect and improve the health of all people in Florida.*

***Our Vision:** A healthier future for the people of Florida.*

***Our Values:** - Integrity; Commitment to Service; Respect; Excellence; Accountability; Teamwork; Empowerment –*



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