



PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Main Office
196 NORTH MAIN STREET
SOUTHINGTON, CT 06489

Satellite Office
ONE CENTRAL SQUARE
PLAINVILLE, CT 06062

860-276-6275 • FAX 860-276-6277 • pshd.org
SHANE LOCKWOOD, M.P.H., R.S.
DIRECTOR OF HEALTH



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CONTACT: SHANE LOCKWOOD, 860-276-6275

PSHD Advises Residents to be Bundle Up in Cold Weather

Winter is here! Connecticut is experiencing very cold weather for the first time this year. Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. The Plainville Southington Health District (PSHD) wants residents to be safe as temperatures drop below normal. PSHD offers the following tips:

1. Put on adequate clothing. Wear several layers of loose-fitting clothing (sleeves should be snug to the wrist), a scarf or knit hat to cover your face and mouth, mittens or gloves, and water resistant coat and boots.
2. Drink hot and easily digestible food and beverages with higher calories, like hot milk, soup, noodles and rice. Alcoholic and caffeinated beverages cause your body to lose heat more quickly and should be avoided.
3. Keep the home environment warm but well ventilated. Do not overload electricity supply.
4. Remain indoors or in places with sunlight. Continue with usual daily activities, but do more exercise to generate heat, improve blood circulation, and maintain flexibility of joints.
5. Exercise care and concern for the elderly. If you happen to know of a single elder living alone or with chronic illnesses, give him/her a call or pay a visit.

Visit the Centers for Disease Control and Prevention website at

<http://emergency.cdc.gov/disasters/winter/pdf/extreme-cold-guide.pdf> for more

information on how to stay safe in extreme cold temperatures.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.