



**For Immediate Release:**

December 18, 2013

## **Cold Weather Alert: Low Temperatures Expected in Parts of Los Angeles County**

LOS ANGELES – The County Health Officer is extending the Cold Weather Alert for the Los Angeles County Mountains and Antelope Valley areas due to the National Weather Service’s forecast for low temperatures. Wind chill temperatures are expected to be below 32 degrees Fahrenheit in the following areas and dates:

- Antelope Valley: Thursday, December 19 through Friday, December 20
- Los Angeles County Mountains: Thursday, December 19 through Friday, December 20

“We also want to remind people not to use stoves, barbeques or ovens to heat their homes due to the risk of carbon monoxide poisoning,” said Jonathan E. Fielding, M.D., M.P.H., Director of Public Health and Health Officer. “There are places where people can go to stay warm, such as shelters or other public facilities. Children, the elderly, and people with disabilities or special medical needs are especially vulnerable during such cold snaps; care should be taken to ensure they don’t get too cold when they are outside.”

A Winter Shelter Program is available for seniors and those looking for a place to stay warm. Locations and transportation information can be found on the Los Angeles Homeless Services Authority's website at: [http://www.lahsa.org/winter\\_shelter\\_program.asp](http://www.lahsa.org/winter_shelter_program.asp), or by calling the LA County Information line at 2-1-1 from any landline or cell phone. For the deaf and hard of hearing, please call the TDD line at 1-800-660-4026.

Take precautions to protect yourself from the cold:

- Dress in layers of warm clothing if you plan to be outdoors.
- Protect extremities from the cold by wearing a hat, scarf, gloves, and socks.
- Offer to help those in your neighborhood with limited access to heat, such as seniors or those who are ill. Check on them frequently.
- During peak cold times, if you don’t have a heater in your home, visit indoor public facilities such as shopping malls, libraries or senior centers.
- If you have pets, bring them indoors and do not leave them outside overnight.
- If you use an outdoor generator at home, place it at least 10 feet away from all doors and windows to avoid exhaust gases entering the home.
- Stoves, barbeques and ovens can produce a deadly gas known as carbon monoxide when used to heat a home. Never use these appliances in place of approved heaters such as electric, natural gas, or fireplaces.
- Install a carbon monoxide detector in your home to reduce the risk of poisoning.



Symptoms of carbon monoxide poisoning include shortness of breath, headaches, muscle and joint pain, and nausea. Exposure to high levels of carbon monoxide could lead to death within minutes. Those suffering from carbon monoxide poisoning should be taken outside, into fresh air, immediately, and should be taken to an emergency room for immediate medical treatment.

Los Angeles County residents and business owners, including people with disabilities and others with access and functional needs may also call 211 LA County for emergency preparedness information and other referral services. The toll-free 2-1-1 number is available 24 hours a day and seven days a week. 211 LA County services can also be accessed by visiting <http://www.211la.org/>.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: @LAPublicHealth.

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