



Fire Department

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## MEDIA ALERT

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### WHAT: EXTREME COLD WEATHER ADVISORY FOR MILWAUKEE

**DETAILS:** An extreme cold advisory has been issued for Milwaukee until Tuesday afternoon. With subzero temperatures and windchills expected to reach negative 30 degrees, frostbite to exposed skin can occur in 30 minutes or less. These cold temperatures, can lower the body's core temperature below 95 degrees resulting in hypothermia. According to the CDC, over 2,500 people in United States died from hypothermia in 2023

Be aware of hypothermia symptoms

- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

Please follow these safety tips to ensure your safety, and the safety of those around you.

- Stay informed about the conditions in your area. Tune into your local news for the latest forecast.
- If you don't need to go out, PLEASE STAY HOME.
- Check on family and friends to ensure they are okay.
- If you encounter someone experiencing hypothermia or frostbite, **call 911** and get medical attention immediately.
- Avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing if necessary.
- Warm the person gradually and slowly, using available sources of heat.

Special considerations when helping someone suffering from frostbite

- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually; use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

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