

**LIVINGSTON HEALTH DEPARTMENT URGES  
RESIDENTS TO BE CAREFUL IN COLD WEATHER**

We have not seen extremely cold weather visiting the eastern seaboard yet; but we want to remind residents that even short exposures to extremely cold weather can cause serious medical conditions. The Department of Health and Senior services has sent us valuable information on avoiding cold-related illness and injury. Lou Anello, Health Officer wishes to review them with residents.

- Dress in layers while outdoors and remember to wear a hat and gloves to help retain body heat. If you get wet, either from heavy sweating while working or from snow or rain, change into dry clothes as soon as possible;
- Eat well and drink adequate fluids during periods of cold stress. Avoid alcohol as it can accelerate the loss of body heat;
- Use rock salt or other chemical de-icing compound to keep walkways, steps driveways and porches as ice-free as possible to prevent falls
- Avoid shoveling snow if you are out of shape. If you have a history disease, do not shovel unless your physician approves;
- Read the owners manual and follow all safety guideline when using a power snow blower. Injuries related to snow-blowers led to more than 5,000 visits to the emergency departments each year, according to the Centers for Disease Control;
- If you are outdoors for any length of time , wear a sunscreen and sunglasses, especially at higher altitudes;
- Stock your car with emergency gear, such as a cell phone call; jumper cables; flashlight; sand or kitty litter for extra traction; ice scraper, flares and other warning devices. For any prolonged trips in the car, carry non-perishable food (especially diabetics), extra blankets, extra water, extra warm clothing and required medication.

**Keep warm and stay safe!**

<http://www.bt.cdc.gov/disasters/winter>

<http://nj.gov/health/eoh/survweb/coldfact.pdf>.