



The New Jersey Poison Information & Education System

Serving New Jersey Since 1983

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Designated regional poison center for New Jersey by New Jersey Department of Health and Senior Services and the American Association of Poison Control Centers

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IMMEDIATE PRESS RELEASE

Cold Weather ALERT

Freezing Temperatures Are Upon Us

(Newark, New Jersey) –The weather forecast is for extremely low temperatures. As the temperature drops, the risk for hypothermia and carbon monoxide poisoning increases.

Hypothermia, a body temperature of less than or equal to 95°F, kills many Americans every year. Infants, children, and the elderly are at greatest risk for hypothermia. **Signs and symptoms of hypothermia may include:**

- numbness
- slurred speech
- difficulty concentrating
- fatigue
- impaired mental state
- death
- poor coordination
- blueness or puffiness of the skin

NJPIES recommends:

- **Stay warm and dress appropriately!** For prolonged exposure to cold, wear insulated or layered clothing that does not retain moisture. Wear a head cover!
- **Avoid over-exertion and excessive sweating in the cold.**
- **Warm beverages can help increase the body temperature.**
- **Avoid drinking alcohol, especially in cold temperatures.**
- **Some medications may increase your risk.** Check with your doctor, pharmacist or call the Poison Control Center

Carbon monoxide is a clear and odorless poisonous gas. Unintentional carbon monoxide poisoning is common during severe weather conditions. **Signs and symptoms of carbon monoxide poisoning may include**

- headaches
- confusion and irritability
- irregular heartbeat
- sleepiness
- nausea
- impaired vision and coordination
- fatigue
- vomiting
- death

NJPIES recommends:

- **Never** use gasoline powered equipment/generators or tools and/or kerosene heaters inside the house or in enclosed spaces.
- **DO NOT** leave the car running inside the garage with the garage door closed.
- **DO NOT** use charcoal or propane grills inside the home. Do NOT heat the house/apartment with the stove!
- Clear any snow accumulation from all outside dryer and heating vents.
- Install Carbon Monoxide detectors in homes and check them periodically to make sure they are working properly.

If you suspect a poisoning, call the poison control center for immediate treatment advice as well as for prevention information. Call the Poison Help Hotline at 1-800-222-1222, to speak with a poison information specialist (trained medical professionals) 24 hours a day/ 7 days a week. Our specialists will provide you with the most up to date emergency treatment advice, and will answer any drug or poison information question you may have. **Remember, Help Is Just A Phone Call Away!**

located at University of Medicine & Dentistry of New Jersey