



**FREDERICK COUNTY GOVERNMENT**  
**OFFICE OF THE COUNTY EXECUTIVE**

Jessica Fitzwater  
County Executive

# News Release

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## County Executive Fitzwater Urges Residents to Be Prepared for Extreme Cold

FREDERICK, MD – Frederick County Executive Jessica Fitzwater encourages residents and businesses to be prepared for very low temperatures over the next several nights, as forecast by the [National Weather Service](#). Such frigid weather creates a higher risk of hypothermia, frostbite and carbon monoxide poisoning, especially for older adults, young children and those with chronic medical conditions.

**During cold weather, the Division of Emergency Management advises residents to:**

- Stay indoors and dress warmly. Wear layers of clothing if there is a need to go outside.
- Prepare for power outages.
- Avoid carbon monoxide poisoning. Only use generators away from windows. Never heat a home with a gas stovetop or oven.
- Check on neighbors.
- Fill vehicle gas tanks.
- Recharge cell phones and other electronic devices.
- Do not use open flames, such as candles and kerosene lamps, as a source of light.
- If power is lost, turn off appliances to reduce damage from a power surge when electricity is restored.
- Keep a battery-operated radio and batteries on hand to stay abreast of news.
- Do not leave pets outdoors for a long time during cold weather, as they can suffer hypothermia and serious illness.



People exposed to extreme cold are susceptible to [frostbite](#) in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. [Hypothermia](#) occurs when the body loses heat faster than it can produce.

Residents can stay warm by visiting public facilities, such as their local library or senior center, during hours of operation. For a listing of Senior Centers, visit [www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices). For a listing of Frederick County Public Libraries, visit [www.fcpl.org](http://www.fcpl.org).

Residents and businesses are strongly encouraged to register to receive emergency information specific to Frederick County from county and municipal officials via the ALERT notification system at [www.FrederickCountyMD.gov/ALERT](http://www.FrederickCountyMD.gov/ALERT).

For more information on preparing for, responding to, and recovering from emergencies and hazards, visit [www.FrederickCountyMD.gov/READY](http://www.FrederickCountyMD.gov/READY).

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