



FREDERICK COUNTY GOVERNMENT

DIVISION OF EMERGENCY MANAGEMENT

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News Release

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Take Action Now to Prepare for Extreme Cold

FREDERICK, MD – The Division of Emergency Management encourages the public and businesses to be prepared for very low temperatures over the next few days, 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 at least 20 feet from the house.
- Never heat a home with a gas stovetop or oven.
- Check on neighbors.
- Fill vehicle gas tanks.
- Keep cell phones charged.
- Do not leave pets outdoors for a long time during cold weather, as they can suffer hypothermia and serious illness.
- If you need help staying warm, call 2-1-1.



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.

Register to receive emergency information specific to Frederick County from county and municipal officials via the ALERT notification system at www.FrederickCountyMD.gov/ALERT.

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