



Daniel A. Champagne
Mayor

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Mayor Champagne to Open Warming Center

(Vernon, CT) – In anticipation of the Wind Chill Watch issued by the National Weather Service for Wednesday and Thursday, Mayor Daniel Champagne has announced that a Warming Center will be opened for Vernon residents beginning tomorrow morning.

"In consultation with the town's emergency-preparedness staff, I have decided to open a Warming Center beginning tomorrow, January 7th" said Mayor Champagne. *Those residents needing shelter from the dangerously cold wind chills expected to hit Connecticut can attend the Center, located at the Vernon Senior Center, 26 Park Place, from 9 am to 3 pm on Wednesday and Thursday and on Friday from 9 am to 1 pm",* Champagne continued. *"Our Office of Emergency Management will continue to monitor reports from the National Weather Service and will provide additional updates as needed. Additionally, I wish to remind residents of the following tips from the American Red Cross:*

- Avoid unnecessary exposure to the cold and be aware of the temperature and the wind chill when planning outdoor activities.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite. Keep feet warm and dry and maintain footing in ice and snow.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids.
- Recognize the symptoms of hypothermia, a serious medical condition: confusion, dizziness, exhaustion and severe shivering. **Seek medical attention immediately if you have these symptoms.**
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. **Seek medical attention immediately if you have these symptoms.**
- Keep apprised of watches and warnings issued by the National Weather Service and be proactive in securing basic food and emergency supplies as well as personal medical supplies.
- Avoid **CARBON MONOXIDE (CO) POISONING**. Always use portable generators, camp stoves, and grills outside and 20 feet away from windows, doors, and vents to prevent deadly CO poisoning.
- Use caution with portable space heaters, placing them at least three feet from anything combustible,
- Don't overload electrical outlets. Be careful of extension cords that present hazardous walkways.

Further Information can be found by visiting the Connecticut Red Cross webpage at <http://www.redcross.org/news/article/ct/Red-Cross-Urges-Caution-in-Extreme-Cold-2015>.

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