



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



///// PUBLIC HEALTH ADVISORY /////

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The National Weather Service has issued a freeze warning for our area. Marin County is forecast to experience colder than normal winter temperatures for the remainder of the week.

Here are a number of steps you can take to prepare your household for cold weather or a power outage:

899 Northgate Drive
Suite 104
San Rafael, CA 94903
415 473 4163 T
415 473 2326 F
415 473 3232 TTY
www.marincounty.org/hhs

- Stock emergency supplies (blankets, fire extinguisher, first aid kit, flashlight, battery powered radio, extra batteries, manual can opener), as well as several days' supply of canned/prepared foods, medications, and extra drinking water in case your pipes freeze.
- Use care when heating your home with a fireplace, wood stove, or space heater, and make sure you have a functioning smoke detector and carbon monoxide detector.
- Space heaters are associated with approximately 20,000 home fires and 300 deaths each year in the U.S. Select a space heater with an automatic shut-off switch and non-glowing elements, and do not place near drapes, bedding, furniture, or anything else that may catch on fire.
- Carbon monoxide poisoning kills over 500 Americans a year - never use a gas oven to heat your home or fuel-burning devices such as grills, camp stoves, or generators inside your home or in enclosed areas.

Listen to forecasts to be aware of severe weather predicted for your area. During especially cold weather or a power outage, check daily on elderly neighbors and relatives who live alone. The risk of hypothermia is greatest at very cold temperatures, but can also occur during cooler temperatures when people become chilled from rain, sweat, or cold water.

Certain groups - infants, the elderly, the homeless, and people who drink alcohol or use illegal drugs - are at greater risk. Signs include shivering, fatigue, confusion, lack of coordination, and slurred speech; infants may have bright red, cold skin, and very low energy. Seek immediate medical attention if you suspect someone has hypothermia.

[Marin's Rotating Emergency Shelter Team \(REST\) program](#) is available for individuals who may be without shelter. Please visit our website at www.marinhhs.org for more information and updates.