



Winter Storms & Extreme Cold

Tips for Parents and Self Advocates

Being Prepared: MN Emergency Preparedness Center No. 90DNO277

Being Prepared: MN Emergency Preparedness Center

The Center is Funded by the U.S. Department of Health & Human Services Administration on Developmental Disabilities A Project of National Significance 90DN0277

The Purpose of this Project is to provide intensive information and training to individuals with developmental disabilities and their families living in North Minneapolis and the surrounding metropolitan area, they need to develop their own emergency preparedness plan, for a variety of emergency events such as H1N1 A Influenza and winter storms and extreme cold.

The goal of the project is individuals with developmental disabilities and their families will have the supports and training they need remain intact and self sufficient during an emergency event.

The Center that will provide in depth training and support to at least 60 individuals with developmental disabilities and their families and train 5 groups of First Responders annually.

Our Partners

Local Official

- ▶ MN State Senator Ken Kelash

Self-Advocacy Organization Metropolitan Center for Independent Living

- ▶ Nick Willkie

Developmental Disabilities Network

- ▶ Colleen Wieck, Ph.D. MN Governor's Council on Developmental Disabilities; Pam Hoopes, JD, MN Disability Law Center; Sharon S. Mule, University of Minnesota Institute on Community Integration and Center for Excellence in Developmental Disability

Community Members

- ▶ Juli Leerseen, The Neighborhood Hub; Jerry Mellum, Hennepin County; Bill Anderson, City of Minneapolis Emergency Manager

Additional Members who stated that they would like to be kept apprised

- ▶ Sergeant Beth Roberts, City of Richfield Police Department; STAR Program; MN Department of Health; MN Red Cross; MN Department of Health and Human Services
- ▶ Other Members as requested by Administration on Developmental Disabilities, Being Prepared Advisory Committee, IPSII Inc. Board of Directors, and others.

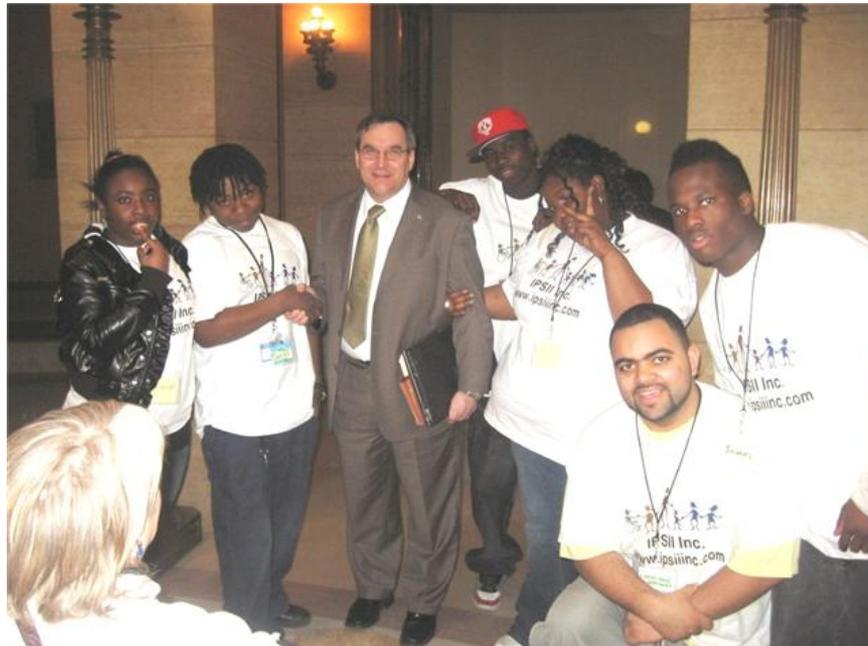
IPSII Inc.

IPSII Inc. is a 501 (c) (3) organization founded in 2002, our Board of Directors is comprised of people with disabilities and their families.



Our Mission

Is to increase Independence, Productivity, Self Determination, Integration & Inclusion [IPSII] for people with disabilities and their families. We achieve our mission through our grant activities, analysis of public policy and advocacy.



Our Goal

Our goal is to create welcoming schools, neighborhoods, workplaces and communities, for people with disabilities and their families.



Being Prepared Center

Being Prepared Center is an IPSII Inc. project and is a grant of national significance, funded by the U.S. Department of Health & Human Services Administration on Developmental Disabilities A Project of National Significance #90DN0277.

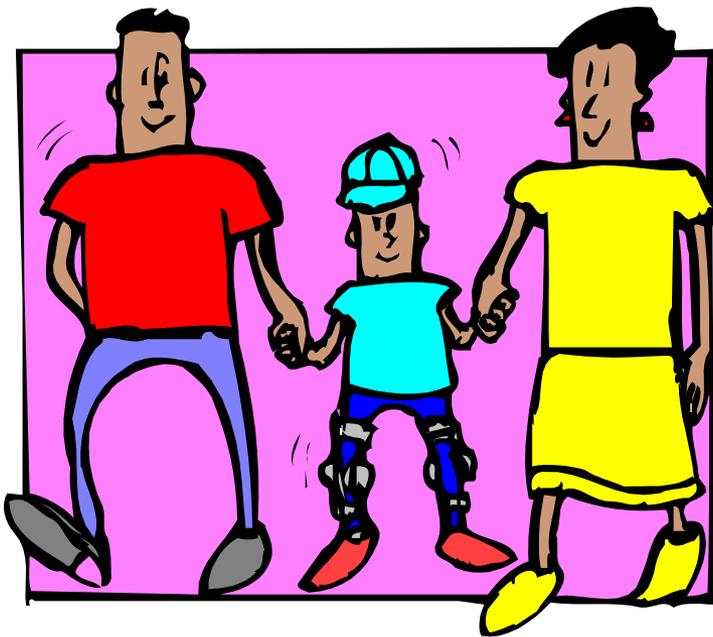


Winter Storms Extreme Cold



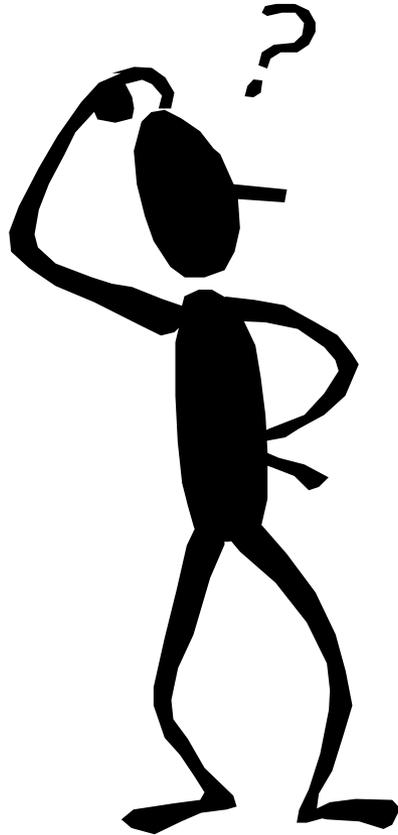
Winter Storms Extreme Cold

**Keeping You and Your
Family Safe.**

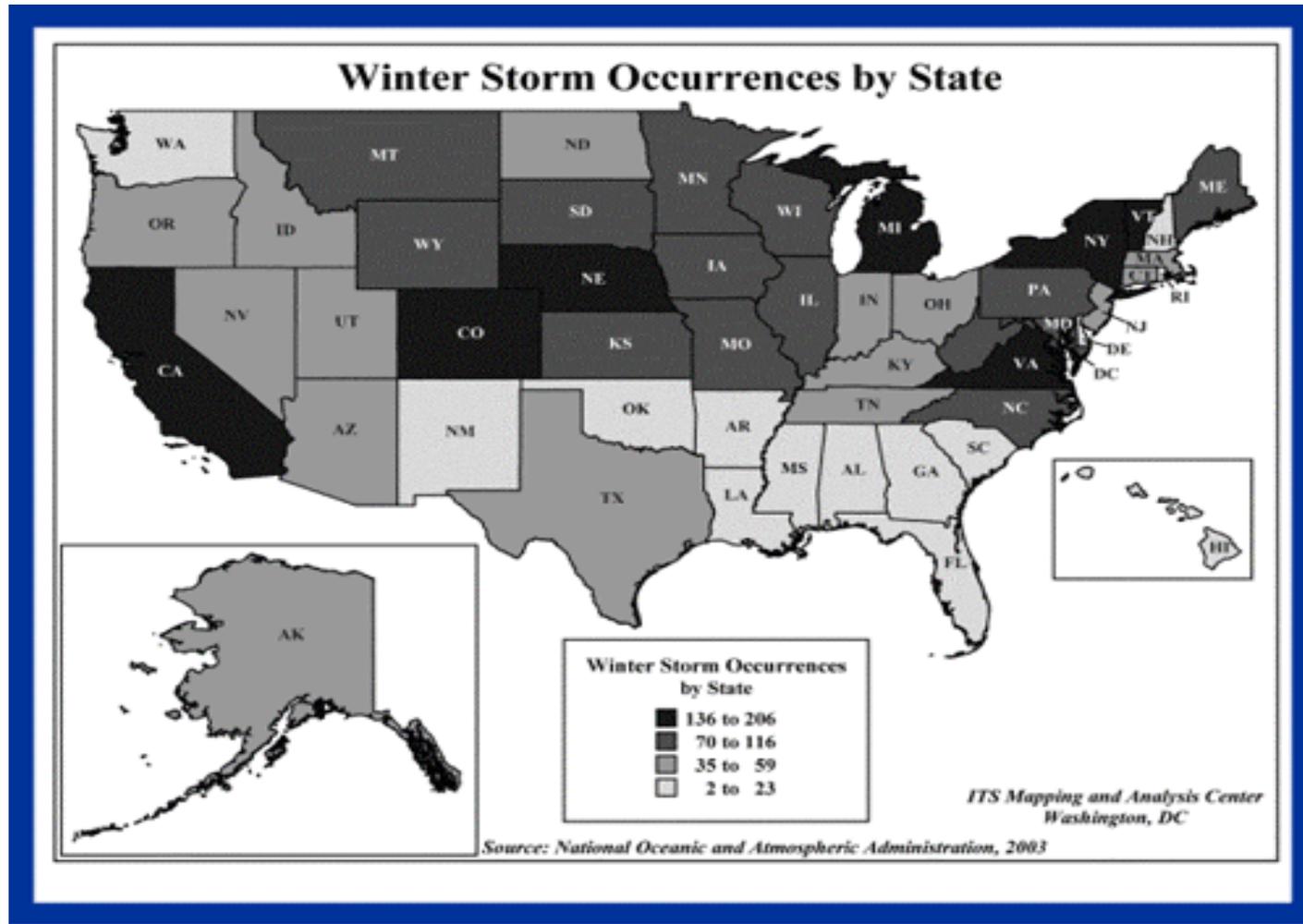


The goal of this presentation is to keep you and your family safe during winter storms and extreme cold.

Did You Know?

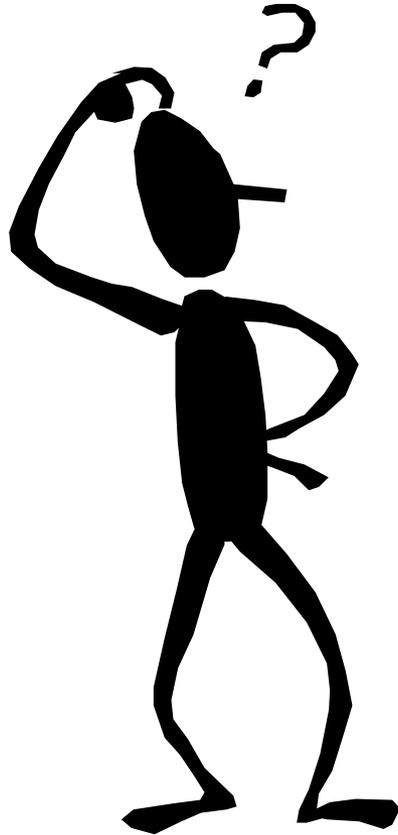


Winter Storms Are in Every State in the US.



See: <http://www.fema.gov/areyouready/winter.shtm>

Did you know?



Number of Winter Storms in CA, MN, HA



- ▶ State of California has between 136 to 206 winter storms each year



- ▶ State of Minnesota have between 70 to 116 winter storms each year



- ▶ State of Hawaii has between 2 to 23 winter storms each year

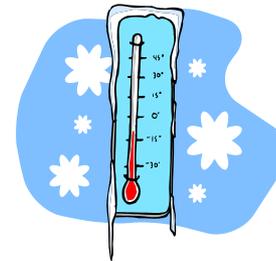
Winter Storms



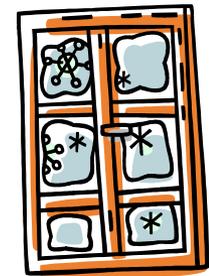
Frost/Freeze Warning



- ▶ Below freezing temperatures are expected.



- ▶ In the southern U.S. a frost or freeze is considered extreme cold.



Freezing Rain



- ▶ Rain that freezes when it hits the ground
- ▶ Creating a coating of ice on roads, walkways, trees, and power-lines



Sleet



- ▶ Rain that turns to ice pellets before reaching the ground
- ▶ Roads freeze and become slippery



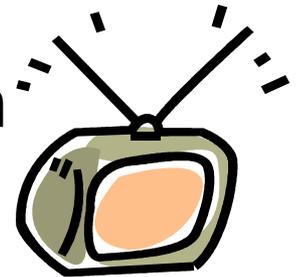
Winter Weather



- ▶ Listen to the radio or



- ▶ Watch TV for more information



Winter Storm Watch



▶ A winter storm is possible



Winter Storm Warning



▶ Winter storm is
on its way



Blizzard Warning



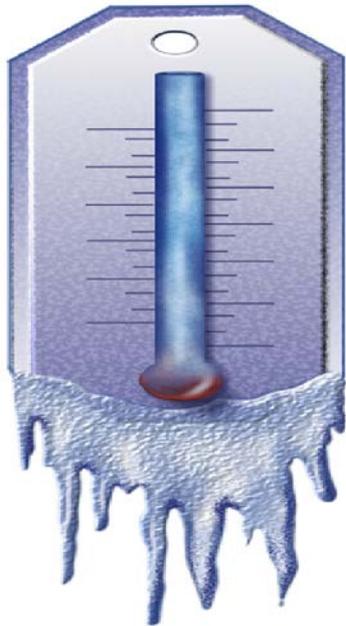
- ▶ Lots of falling or blowing snow for at least 3 hours



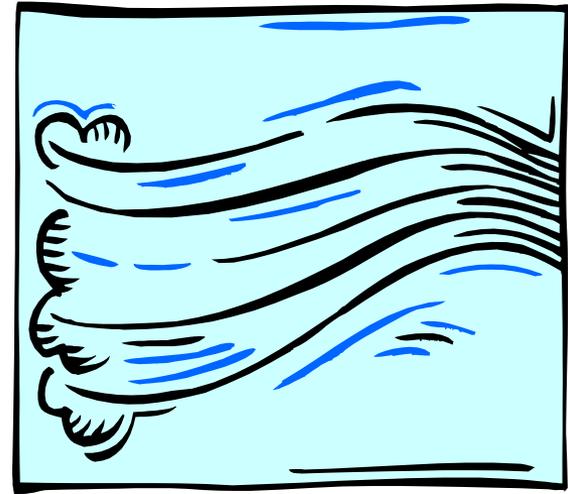
Extreme Cold Wind-chill



Wind Chill



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Extreme Cold + Wind

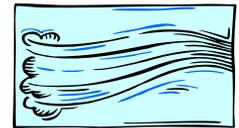
Temperature is -20°F



Outdoor Temperature is -20°F



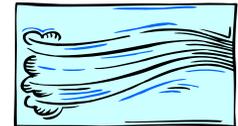
Wind is 10 Miles per Hour



Wind Chill is -41°F



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**Exposed skin is frostbitten in
20 minutes**

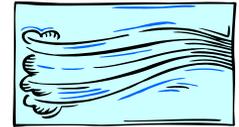
Temperature is -20°F



Outdoor Temperature is -20°F



Wind is 20 Miles per Hour



Wind Child is -48°F



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Exposed skin is frostbitten in 10 minutes



Temperature is -20°F



Outdoor Temperature is -20°F



Wind is 30 Miles per Hour

Wind Child is -58°F



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Exposed Skin Is Frostbitten In 5 Minutes



Wind Chill Factor

Wind Speed (mph)	Actual Air Temperature °F								
	40°	30°	20°	10°	0°	-10°	-20°	-30°	-40°
10	34	21	9	-4	-16	-28°F	-41°F	-53°F	-66°F
20	30	17	4	-9	-22°F	-35°F	-48°F	-61°F	-74°F
30	28	15		-12	-26°F	-39°F	-53°F	-67°F	-80°F
40	27	13	-1	-15	-29°F	-43°F	-57°F	-71°F	-84°F
50	26	12	-3	-17	-31°F	-45°F	-60°F	-74°F	-88°F
60	25	10	-4	-19°F	-33°F	-48°F	-67°	-76°	-91°F

Frostbite in 30 minutes

Frostbite in 10 minutes

Frostbite in 5 minutes

See: <http://www.bt.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp>

Extreme Cold Hypothermia



What is Hypothermia?



- ▶ Hypothermia is a medical emergency when you have dangerously low body temperature.

How Low is Your Body Temperature?



- ▶ Normal body temperature is around 98.6°F
- ▶ Hypothermia is when your temperature is below 95°F

Other Signs Of Hypothermia?

- ▶ Adults:

- ▶ Shivering, exhausted
speech



; hands, slurred

Other Signs of Hypothermia?



▶ **Baby:**

▶ **Bright red, cold skin, very low energy**

Who is at Great Risk of Getting Hypothermia?



- Older People & Babies
- People who stay outside too long
- People who drink too much

How Do You Get Hypothermia?



Cold Water



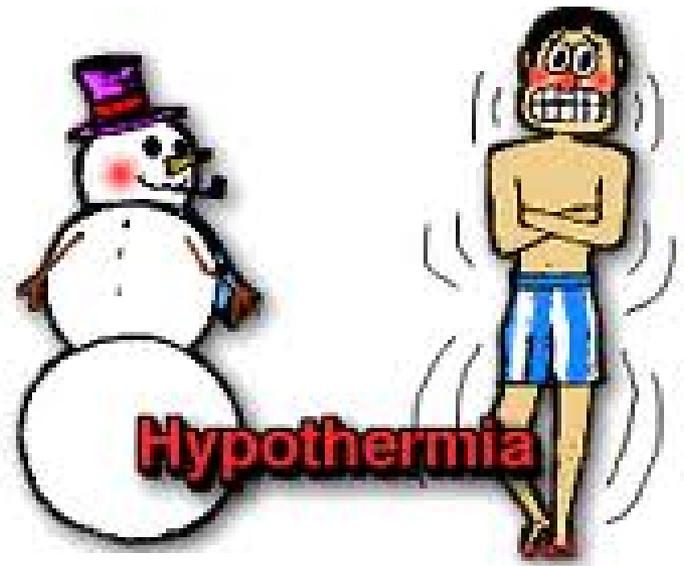
Cold Weather

Treatment for Hypothermia?

No Medical Care Available



Get to a warm room



Remove wet clothing

Treatment for Hypothermia?



Emergency

Get emergency care as soon as possible!



Treatment for Hypothermia?

- The person maybe unconscious, with no pulse and not breathing..
- Even if the person appears dead CPR should be continued while the person is being warmed.
- In some cases hypothermia victims who appear to be dead can live.



Emergency



Extreme Cold Terms Frostbite



What is Frostbite?



► Injury of body tissues due to freezing.

Recognizing Frostbite



- ▶ First signs of redness or pain in any skin area,
- ▶ Frostbite causes a loss of feeling and color in affected areas.
- ▶ Frostbite often affects the nose, ears, cheeks, chin, fingers or toes

Who is at Great Risk of Getting Frostbite?



- ▶ Older People & Babies
- ▶ People who Stay Outside Too Long
- ▶ People Who Drink Too Much

What to Do if You Have Frostbite?



- ▶ Get out of the cold
- ▶ Go see a doctor
- ▶ Frostbite permanently damage the body and can lead to amputation

Frostbite or Hypothermia

What to do?

- ▶ Both frostbite and hypothermia are from being cold.
- ▶ Treat hypothermia first, it is a medical emergency.



Emergency

Hypothermia is a medical Emergency

Proper Medical Care

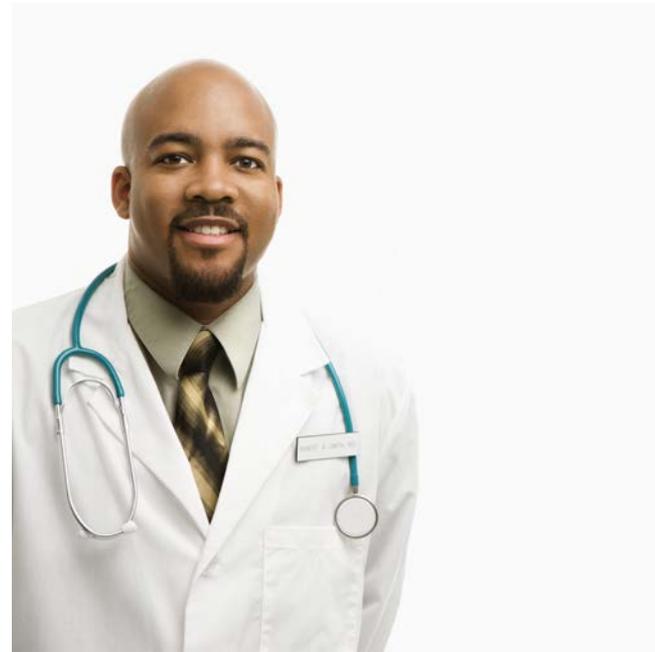
Hypothermia Is a medical emergency



Emergency

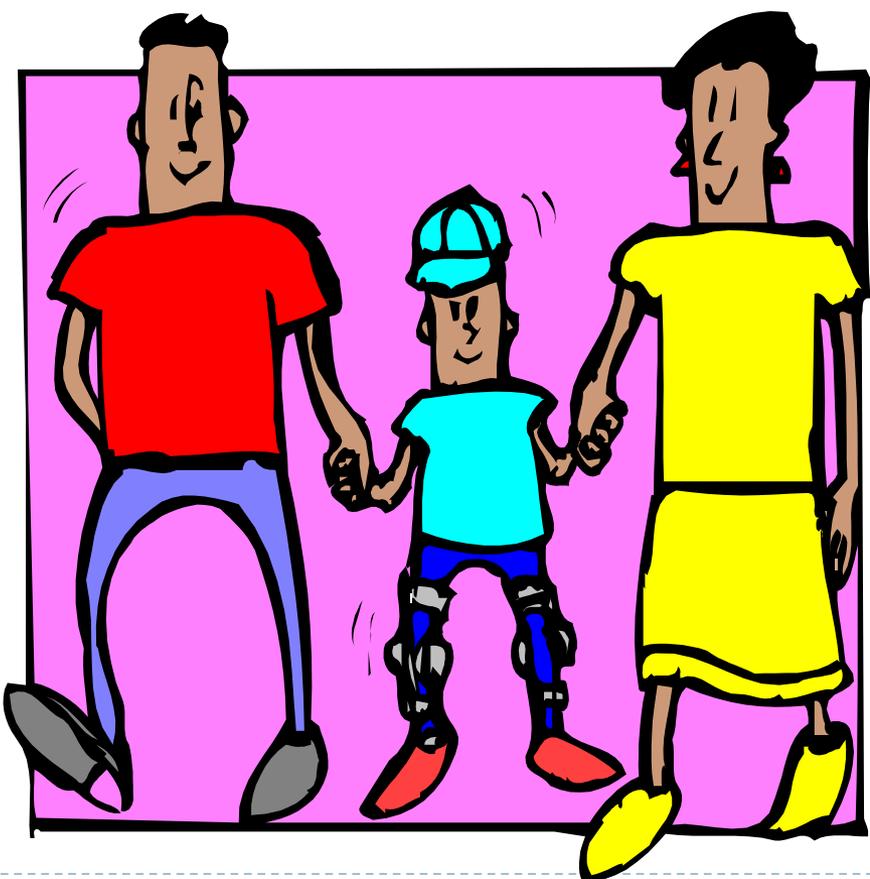
Proper Medical Care

Frostbite should be evaluated by a healthcare provider.



Proper Medical Care

Keeping You & Your Family Safe



- ▶ It is a good idea to have first aid and CPR to prepare for cold weather.
- ▶ Knowing what to do is an important part of protecting your health and the health of others.

**We Hope That You Will Enjoy
Winter!**



Follow Our Tips and Be Safe



References

“Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety”

- <http://www.cdc.gov/disasters/winter/>
- <http://www.cdc.gov/nceh/hsb/extremecold>
- Wind Chill Temperature Index
- National Weather Services

References

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The End

