Councilwoman Walsh Urges Residents to Keep Warm and Safe During Extreme Cold Weather
posted on 1/25/2013 7:59:15 PM

January 25, 2013

Farmingville, NY - Councilwoman Kathleen Walsh is urging all residents to stay warm and safe during the extreme cold weather that is expected to last into next week. When the temperature dips into the teens and below, people need to take precautionary measures that will help their family and pets get through the winter weather conditions.

"Extreme cold weather can be very dangerous and people need to take common sense precautions," said Councilwoman Walsh, "My best advice is to stay indoors, but if you have to go outside, dress warm and be careful when driving or walking in snow or icy conditions."

Here are 10 tips from the U.S. Department of Health and Human Services:

1. Stay indoors as much as possible, especially infants and the elderly.
2. Dress warmly and stay dry using multiple layers of loose-fitting clothing, hat, gloves and scarf.
3. Do not drink alcohol or caffeinated beverages. They cause your body to lose heat.
4. Eat a well balanced meal before you go outside. It will help you stay warmer.
5. If you experience persistent shivering, it's a sign that you need to get indoors.
6. Avoid over exertion during outdoor activity, especially when shoveling snow.
7. Keep your steps and walkways free of ice and snow.
8. Do not use a fireplace, wood stove or kerosene heater unless your home is equipped with smoke and carbon monoxide detectors.
9. If you have pets, keep them indoors.
10. Make sure your car is winterized with fresh antifreeze. Check tire air pressure and replace worn tires.

If you lose electric power or heat during extreme cold temperatures, you should relocate to a friend or family's home until it can be restored. In addition, the Town has established warming centers which will be open through Sunday, January 27. The hours of operation are 9:00 am to 11:00 pm. Centers have TV, a selection of DVD movies and board games. Coffee and tea will also be available. WiFi internet service is only available at Rose Caracappa Senior Center.

**Warming Center locations are:**

Rose Caracappa Senior Center, 739 Route 25A in Mt. Sinai
Bay Area Nutrition Center, 369 Neighborhood Road in Mastic Beach
Henrietta Acampora Recreation Center, 39 Montauk Highway in Blue Point
St. Michaels Recreation Center, 100 Wilson Avenue in Gordon Heights

New Village Recreation Center, 20 Wireless Road in Centereach

For more information, call 451-TOWN (8696) Monday through Friday from 9:00 am to 4:30 pm.

To report a power outage, call LIPA at 1-800-490-0075. Only call 911 for emergencies. For Town related issues, please contact our Call Center at 451-TOWN (8696). You can also visit the Town's website at www.brookhaven.org for weather alerts, updates, news and information, as well as important telephone numbers to call during weather emergencies.