



Rick Scott
Governor

H. Frank Farmer, Jr., M.D., Ph.D, FACP
State Surgeon General

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Contact: Cassie Garber
850-833-9233 x2162 | Cell: 850-420-2198

**REMEMBER THE "FIVE Ps"
DURING THIS WEEK'S FREEZING TEMPERATURES**

OKALOOSA COUNTY – The Okaloosa County Health Department urges residents and visitors to take precautions to remain safe and healthy during this week's freezing temperatures.

Remember the "Five Ps" of cold weather safety.

Protect people, Protect plants, Protect pets, Protect exposed pipes, & Practice fire safety.

Protect Loved Ones.

- Stay indoors and use safe heating sources. If you must be outdoors, stay dry and in wind-protected areas. Wear multiple layers of loose-fitting, warm clothing.
- Check on elderly neighbors who live alone and may need help winterizing their homes.
- Monitor young children or the chronically ill who cannot care for themselves to ensure that they are dressed warmly enough.
- Remain hydrated and drink plenty of water.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival. Carry a cell phone.
- Shelter or bring animals indoors, especially pets. If you cannot bring them inside, provide an adequate warm shelter and (unfrozen) water to drink.

Prevent Fires and Carbon Monoxide (CO) Poisoning.

- Be aware of the fire danger from space heaters and candles, and keep such devices away from all flammable materials such as curtains and furniture.
- Install (or check) batteries in smoke and CO detectors. (You should have at least one of each per floor in your home.) Symptoms of CO poisoning include headache, nausea, and disorientation.
- Do not use charcoal, kerosene, propane, diesel, or other fuel-burning devices in your home. Electric space heaters do not generate CO.
- Keep grills and generators out of the house and garage. If you lose power, position generators at least 25 feet from the house.
 - Prepare for outages by stocking food that does not need cooking/refrigerating and have water stored in clean containers.
 - Keep an up-to-date emergency kit including: battery-operated devices (flash light, weather radio, and lamps), extra batteries, first-aid kit and extra medicine, baby items, and sand or cat litter – to spread on icy sidewalks.

For more information, visit www.HealthyOkaloosa.com.

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