

# AT-A-GLANCE EXTREME COLD



## DEFINITIONS

### EXTREME COLD WARNING VS WATCH

- **EXTREME COLD WARNING:** TAKE ACTION! AN EXTREME COLD WARNING IS ISSUED WHEN EXTREMELY DANGEROUS COLD CONDITIONS OR WIND CHILL VALUES ARE EXPECTED OR OCCURRING.
- **EXTREME COLD WATCH:** BE PREPARED. AN EXTREME COLD WATCH IS ISSUED WHEN EXTREMELY DANGEROUS COLD CONDITIONS OR WIND CHILL VALUES ARE POSSIBLE.

### FREEZE WATCH VS WARNING

- **FREEZE WARNING:** TAKE ACTION! A FREEZE WARNING IS ISSUED WHEN TEMPERATURES ARE FORECASTED TO GO BELOW 32°F FOR A LONG PERIOD OF TIME
- **FREEZE WATCH:** BE PREPARED. A FREEZE WATCH IS ISSUED WHEN THERE IS A POTENTIAL FOR SIGNIFICANT, WIDESPREAD FREEZING TEMPERATURES WITHIN THE NEXT 24-36 HOURS.

		Temperature (°F)																			
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45		
Wind Chill (°F)	5	36	31	25	19	13	7	1	-5	-11	-17	-23	-29	-34	-40	-46	-50	-57	-63		
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72		
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77		
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81		
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84		
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87		
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89		
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91		
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93		
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95		
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-96		
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98		

Feels Like

35.74°

30 minutes

35.76°

10 minutes

35.76°

5 minutes

35.76°

Wind Chill (°F) = 35.74 + 0.6215T - 35.76(W<sup>0.16</sup>) + 0.42575T(W<sup>0.16</sup>)

Where, T: Air Temperature (°F) W: Wind Speed (mph)

## BEWARE OF HYPOTHERMIA

- ❄️ **DRESS IN LAYERS**
- ❄️ **WRAP UP WELL WHEN GOING OUTDOORS**
- ❄️ **EAT NUTRITIOUS FOOD AND WEAR WARM CLOTHING**
- ❄️ **EAT HOT FOOD AND DRINKS**
- ❄️ **IF LIVING ALONE ASK SOMEONE TO CHECK-IN ON YOU**
- ❄️ **ASK YOUR DOCTOR IF ANY MEDICATIONS YOU ARE ON INCREASE YOUR RISK IE: BARBITURATES, BENZODIAZEPINES, CHLORPROMAZINE, RESERPINE, AND TRICYCLIC ANTIDEPRESSANTS.**



## WATCH FOR FROSTBITE

FROSTBITE CAN HAPPEN IN MINUTES, ESPECIALLY ON THE EXTREMITIES SUCH AS FINGERS, TOES, NOSE, AND EARS, BUT CAN AFFECT ANY AREA OF EXPOSED SKIN!



## FROSTBITE FIRST AID

**GET INDOORS AS QUICKLY AS POSSIBLE! UNTIL THEN:**

- ❄️ **DO NOT RUB OR MASSAGE COLD BODY PARTS**
- ❄️ **PUT YOUR HANDS IN YOUR ARMPITS**
- ❄️ **HOLD ONTO A PERSON OR ANIMAL**
- ❄️ **DRINK WARM LIQUIDS**
- ❄️ **REMOVE ANY TIGHT JEWELRY**
- ❄️ **PUT ON EXTRA LAYERS OF CLOTHES, BLANKETS, ETC**



CUYAHOGA COUNTY OFFICE OF EMERGENCY MANAGEMENT

P: 216-443-5700 | [ema@cuyahogacounty.gov](mailto:ema@cuyahogacounty.gov)



@CuyahogaOEM



Facebook.com/CuyahogaOEM