



Charlie Crist  
Governor

Ana M. Viamonte Ros, M.D., M.P.H.  
State Surgeon General

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CONTACT: Cassie Garber  
850.833.9233 x 2162 | 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 by 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](http://www.HealthyOkaloosa.com).

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