CITY OF PORTSMOUTH

Special EXTREME COLD Edition City Newsletter: Thursday, February 2, 2023

STARTING TOMORROW, FRI FEB 3 PORTSMOUTH EMERGENCY OPERATIONS CENTER will be available starting at 7:30 AM to offer emergency assistance to those impacted by the cold. Call 603.427-1580.



DANGEROUSLY BITTER COLD IS FORECAST FOR FRI FEB 3 & SAT FEB 4 – According to the WMUR-TV Storm Center: Highs will struggle to get out of the single digits Friday during the day with air temperatures dropping below zero by Friday night. It will also be gusty and by sunset Friday, wind chills statewide will be about 15 to 35 degrees below zero or colder. Overnight Friday into Saturday, wind chills will dip even lower, with "feels-like" readings statewide likely 30 to 50 degrees below zero by sunrise Saturday.

EMERGENCY COLD PREPAREDNESS TIPS – Go to https://www.weather.gov/safety/cold-before

-Check the forecast
-Adjust your schedule to avoid being outside
-Protect pets and livestock
-Fill up your vehicle's gas tank
-Dress for the outdoors no matter how long you expect to be out
-Update your winter survival car kit

NH FIRE MARSHALL'S OFFICE HEATING & FIRE SAFETY RECOMMENDATIONS: Establish a three-foot "kid-free zone" around open fires and space heaters, install a screen in front of fireplaces to avoid sparks flying, and use clean, dry wood to burn in fireplaces and woodstoves.



PORTSMOUTH PUBLIC LIBRARY OPEN FRI FEB 3 TIL 7 PM AS WARMING CENTER Regular weekend hours, Sat Feb 4, 9 am - 5 pm and Sun Feb 5, 1-5 pm.

With the wind chill, even 5 minutes outside can cause frostbite on exposed skin. NHDHHS recommends taking the following precautions:



Those who need to be outside in the extreme cold should wear insulated layers of clothing, cover up areas of exposed skin, fill up their car's gas tank and limit outdoor activities — including hiking and skiing — whenever possible. Pets and animals should also be kept indoors.

CDC ADVICE ON HYPOTHERMIA & FROSTBITE – Hypothermia is a medical emergency requiring immediate medical care. If someone is exposed to bitter cold and shows symptoms including shivering, exhaustion or feeling

very tired. confusion, fumbling hands, memory loss, slurred speech or drowsiness, they need immediate medical attention.
Frostbite If you notice redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may point to frostbite: a white or grayish-yellow skin area, skin that feels unusually firm or waxy, numbness. A person who has frostbite may not know they have it until someone else points it out because the frozen parts of their body are numb. If you notice signs of frostbite on yourself or someone else --seek medical care. If a person shows signs of frostbite, but no signs of hypothermia and immediate medical care is not available, do the following:

- Get the person into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on feet or toes that show signs of frostbite—this increases the damage.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Put the areas affected by frostbite in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- If warm water is not available, warm the affected area using body heat. For example, you can use the heat of an armpit to warm frostbitten fingers.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can easily burn.

Don't substitute these steps for proper medical care. For more information, go to:
https://tinyurl.com/bddbjnwd

CROSS ROADS HOUSE WARMING CENTER FOR ROCKINGHAM COUNTY HOMELESS -- O**pen from 7 pm to 8 am each day. 600 Lafayette Rd.**

OPERATION BLESSING WARMING CENTER, WEEKEND HOT MEALS AND FOOD PANTRY/CLOTHING ROOM -- 600a Lafayette Rd., opens its 8-bed warming center **from 7 pm to 7 am** when the temperature is 25 degrees or below. **Weekend Hot Meals - just walk in - on Saturdays from 11 am to 12:30 pm and Sundays from 3 pm to 4:30 pm.** The Operation Blessing, INC Food Pantry and Clothing Room is open Mon-Fri 10 am to 4 pm and Sat 9 am to 12 noon. Call 603-430-8561 or 603-988-2671.

TO RECEIVE CITY NOTICES SIGN UP AT SMART 911 -- Announcements about winter weather, parking, events and other important City news are issued by email, phone and text on Smart911. To receive Smart 911 notifications, go to the subscription page. Also sign in on that page to make any changes in your account.