



194 Terrace Hill Street, Brantford, ON N3R 1G7 • 519-753-4937

FOR IMMEDIATE RELEASE

January 12, 2018

**Health Advisory: Cold Alert
Health Unit urges all residents to take precautions during extreme cold**

Brantford, ON — The Medical Officer of Health for the Brant County Health Unit has issued a cold alert effective Saturday January 13, 2018. Temperatures are expected to drop below -15°C, without wind chill.

Everyone is at risk during very cold weather. In temperatures of -15°C or colder, unprotected skin can freeze in less than 30 minutes and the risk of developing hypothermia is high. Some groups are particularly vulnerable to the frigid temperatures, including, older adults, infants and young children, people with chronic illnesses such as breathing difficulties or heart conditions, people taking certain prescription medication, the homeless, people working or exercising outdoors, and people living in homes that poorly insulated or lack sufficient heating.

The Brant County Health Unit and the City of Brantford are working together with various community agencies to ensure that emergency accommodation is available during the extreme cold. Everyone is encouraged to seek shelter.

For emergency accommodation requests, referrals to approved shelters and other services:

During regular business hours

(Monday – Friday, 9:00 a.m. – 5:00 p.m.)

(Resource Centre)

Overnight Hours

(Monday – Sunday, after 6:00pm – (please use backdoor for overnight shelter)

Brantford Welcome Inn an Resource Centre

305 West Street, Unit B

Phone: (226)-250-0120

Select #4 for Shelter

Select #5 for Reception

During regular business hours (Monday – Friday, 8:30 a.m. – 4:30 p.m.)	Call the Outreach Program (519) 759-3330
Outside regular business hours (evenings & weekends)	Call your local police service: Brantford Police 519-756-7050 OPP 519-442-2242 or 1-888-310-1122 Six Nations Police 519-445-2811

To prevent cold injuries, such as hypothermia and frostbite, the Brant County Health Unit recommends the following:

- Wear several layers of clothing and make sure the outer layer protects you from both wind and wetness.
- Cover exposed skin (using hats, mittens, or face masks) to protect against frostbite.
- Drink warm, caffeine- and alcohol-free fluids to prevent dehydration.
- Check on elderly and vulnerable people frequently, to ensure they are safe and warm.
- Visit www.bchu.org to learn the signs of frostbite and hypothermia.

This alert remains in effect until cancelled by the Medical Officer of Health.