



Florida Kidney Disaster Coalition

ALL-HAZARDS EDUCATIONAL SERIES:

EXTREME COLD

Florida's high temperatures in the summer can kill, but – surprisingly enough – so can its cold winter temperatures. Most notably, four Army Rangers died of hypothermia during a training exercise in February 1995. Remember to dress for the weather, regardless of where you call home

December has seen more than its share of hazardous weather through the years - especially around the Christmas holiday. For example, in 1989, Florida saw its worst freeze since 1983. Low temperatures fell below freezing for four consecutive days. High power demands for heating caused rolling blackouts throughout all of Florida as power companies struggled to cope.

Some cold weather tips:

- Review and update your family emergency plan.
- Have the home heating system inspected.
- Have a plan for finding a nearby shelter or other warm environment if your home does not have sufficient heat, or should your home heating system fail.
- Replenish your emergency supply kits including battery-operated radio and flashlights.
- Have extra blankets on hand.
- Have a plan for meeting the needs of infants, children, seniors and those with disabilities.
- Move family pets indoors or to an enclosure out of the elements.
- Move plants indoors or cover with blankets or plastic to prevent freezing.
- Maintain a sufficient supply of heating fuel.
- Insulate pipes and allow faucets to drip during cold weather to avoid freezing.
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as people turn to alternate heating sources without taking the necessary safety precautions.
- Do NOT bring heating devices into the home that are intended for outdoor use, such as barbecues and other cooking equipment or other fuel burning devices. These items can produce deadly carbon monoxide.
- Learn how to shut off water valves (in case a pipe bursts).

To review the entire All Hazards Educational Series, visit the FKDC website at
<http://www.fmqai.com/ESRD/FKDC/Tools/AllHazards/>