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Public Service Announcement

With the New Year just days away, the Zuni Police Department Criminal Investigations Division would like to remind everyone in the Zuni Community to take safety precautions this winter by following a few of these Cold Weather Safety Tips:

When you are outside, frostbite and hyperthermia are possible so you need to protect yourself. Especially if you have to travel on foot. Here are a few tips:

- 1. Wear layers of loose-fitting, lightweight, warm clothing.**
- 2. Wear a hat, beanie, or hoodie. Try to stay dry and out of the wind.**
- 3. Cover your mouth to protect your lungs from extreme cold.**
- 4. Mittens, snug at the wrist are better than gloves.**
- 5. For evening/night time hours, make sure you stay in areas where you are visible.**
- 6. Utilize the roadways/sidewalks, and avoid the dirt trails and riverbed area. Stay in well lit areas. And DO NOT attempt to travel while it's raining, or snowing.**
- 7. Make sure you inform family or friends of your intended destination.**
- 8. If you have a cell phone, remember to keep it charged at all times.**
- 9. Pack a bottle of water, a throw blanket and some snacks. Drink plenty of warm fluids or warm water but avoid caffeine and alcohol.**
- 10. If you must travel on foot, and you consumed alcohol, STAY WHERE YOU ARE, STAY INDOORS, STAY HOME! Or call someone you know who can provide you transportation to your destination.**
- 11. Call 9-1-1 or the local emergency number for help if signs of hyperthermia or frostbite appear.**

Please take care of one another and let's prevent our love ones from being a victim of hyperthermia or frostbite. From our family to yours, have a safe and happy new year!

Click on the links below for more information on frostbite and hyperthermia.

[Hypothermia|Winter Weather \(cdc.gov\); Infographic: Avoid Spot Treat: Frostbite & Hypothermia | CDC](#)

AVOID*SPOT*TREAT

FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

***** AVOID *****

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



Know who is at high risk:



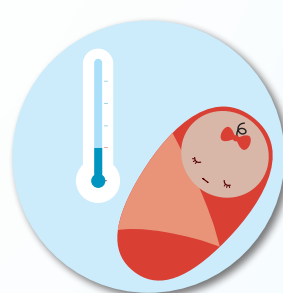
Older adults without proper food, clothing, or heating



People who stay outdoors for long periods (homeless, hikers, hunters, etc.)



People who drink alcohol in excess or use illicit drugs



Babies sleeping in cold rooms

***** SPOT *****

FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.



Signs & Symptoms

Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

If a person's temperature is below 95° get medical attention immediately.

***** TREAT *****

If a person is experiencing hypothermia or frostbite...



FROSTBITE CAUTION

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:



1
UNLESS NECESSARY, DO NOT WALK ON FEET OR TOES WITH FROSTBITE



2
DO NOT USE A FIREPLACE, HEAT LAMP, RADIATOR, OR STOVE FOR WARMING



3
DO NOT USE A HEATING PAD OR ELECTRIC BLANKET FOR WARMING



4
DO NOT RUB OR MASSAGE AREAS WITH FROSTBITE