

# NEWS

From the County of San Bernardino  
[www.sbcounty.gov](http://www.sbcounty.gov)



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## Prepare for freezing temperatures this weekend

The National Weather Service forecasts night-time temperatures to fall below freezing throughout much of San Bernardino County this weekend. Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and the elderly are more at risk, but anyone can be affected.

For help finding shelters from the cold weather and other community resources, call **211**, San Bernardino County's United Way referral system, or visit the website at [www.211sb.org](http://www.211sb.org).

Frostbite is a serious injury to the body that is caused by freezing. It causes a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers, or toes. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

To stay warm indoors during the cold weather season, remember these tips to safely heat your home:

- Never use a charcoal or gas grill indoors—the fumes are deadly.
- Never leave lit candles unattended.
- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Ensure adequate ventilation if you must use a kerosene heater.
- Never leave children unattended near a space heater, and don't put anything on top of the heater.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.

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- Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning.

Wherever you live or travel, stay aware of winter weather dangers. Weather affects road and driving conditions and can pose serious problems. Make sure you and your car are prepared to handle the road conditions. Use caution and slow down to make sure you safely get to your destination.

Additional information on winter weather health and safety tips is available from the California Emergency Management Agency website at [www.calema.ca.gov](http://www.calema.ca.gov), or the U.S. Centers for Disease Control and Prevention website at <http://emergency.cdc.gov/disasters/winter/>.