

## Talking Points: Tips to Stay Warm

- Dress to stay dry
  - Avoid cotton clothes that trap moisture
  - Dress in loose layers, which trap in the heat
  - Wear an outer layer of water-resistant clothes
- Stay out of the wind when you get cold and wet
- Avoid alcohol, which causes blood vessels to expand, resulting in more rapid heat loss from the skin's surface.
- Take it easy if you have heart disease or high blood pressure. Follow your doctor's advice about performing hard work in the cold.
- If someone is shivering uncontrollably, or suffering confusion, slurred speech or drowsiness after prolonged exposure to cold, call 9-1-1 and then get them warm and dry.

## Know the Signs of Hypothermia

Source: [multco.us/care-when-its-cold/cold-weather-safety](http://multco.us/care-when-its-cold/cold-weather-safety)

Hypothermia Symptoms	What to do:
<p>In Adults</p> <ul style="list-style-type: none"><li>● Shivering</li><li>● Extreme tiredness or feeling sleepy</li><li>● Confusion and memory loss</li><li>● Fumbling hands and slurred speech</li></ul> <p>In Infants</p> <ul style="list-style-type: none"><li>● Bright red, cold skin</li><li>● Lethargy</li></ul>	<p>If you notice any of these signs:</p> <ul style="list-style-type: none"><li>● get medical attention immediately</li><li>● begin warming the person by getting them into a warm room, taking off any wet clothing, and wrapping them in warm, dry blankets</li></ul>

1. Basic Questions to ask when determining if further resources are needed:
  - a. What steps did you take last winter? How prepared do you feel for this upcoming winter season?

- b. If they indicate that THEY ARE prepared for the upcoming winter, ask them “how” and continue to Resources below.
- c. If they indicate that they ARE NOT prepared for the upcoming winter, continue to Resources below and provide referrals as needed.

## Resources

- You'll find the latest news on storms, warming centers and shelters, and learn how to stay safe at home and on the roads at Care for When It's Cold webpage. (**[multco.us/care-when-its-cold](http://multco.us/care-when-its-cold)**)
- If you often take Trimet and would like the most current information about their operations, visit the Trimet Help Center to learn how to stay up to date.  
**([support.trimet.org/hc/en-us/articles/360044465973-Where-can-I-find-service-alerts-](http://support.trimet.org/hc/en-us/articles/360044465973-Where-can-I-find-service-alerts-))**
  - Multiple ways to stay current including email and text alerts, web address and digital signs at most MAX stations with updated information.
- Multnomah County residents who would like to receive emergency notifications, visit **PublicAlerts.org**. Signing up for these notifications allows emergency response agencies to notify you via text, call or email when an emergency in your area may require you to take action.
- Public Alerts allows you to sign up in 11 languages: English, Spanish, Vietnamese, Chinese, Russian, Somali, Romanian, Ukrainian, Japanese, Arabic, and Laotian
  - For assistance in signing up for Public Alerts in Multnomah County, call the Multnomah County Aging and Disability Helpline at (503) 988-3646
- Call 211 or visit **211info.org** for the most up to date information on:
  - weather conditions, available resources (including energy assistance), where to find the nearest available shelter, and transportation options.

- You can also find out where you can donate winter weather items to those who need it. Sign up for Severe Winter Weather alerts via email or text by going to **[211info.org/em-shelters#multnomah](https://211info.org/em-shelters#multnomah)**