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WINTER WEATHER HAS ARRIVED

Preventative action is your best defense against cold-weather conditions

Sycamore, IL. January 1, 2016– With a late start to the winter weather, it could be easy to overlook the severities of extreme winter weather conditions. When temperatures drop significantly below normal, staying warm and safe can be a challenge. Hypothermia occurs when body heat is lost faster than it can be replaced and the normal body temperature (98.6°F) drops to less than 95°F. The Sycamore Fire Department would like to offer safety tips to help protect yourself, your loved ones and your home.

- Bundle up- Wear layers of loose, lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat. If clothing gets wet, remove those articles.
- Protect your pets- Bring your pets indoors. If they cannot come inside, make sure they have enough shelter to keep warm and that they can get to unfrozen water.
- Remember the three feet rule- If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away in all directions, including bedding, clothing, rugs or curtains.
- Supervise your heaters- Turn off space heaters and make sure your fireplace embers are completely out before leaving the room or going to bed.
- The kitchen is for cooking- Never use a stove or oven to heat your home.
- Use generators outside- Never operate a generator inside the home, including in the basement or garage.
- Pack a safety bag- Consider packing an emergency cold weather bag for your vehicle. If the snow becomes impassable, or your vehicle slides off the roadway, there could be a delayed response for removal.
- Check your carbon monoxide detectors- Any appliance that burns fuel has the potential to emit carbon monoxide into the air. Protect yourself with a carbon monoxide detector.

For more information on cold weather safety, please contact the Sycamore Fire Department at (815) 895-4514, or visit us on Facebook at City of Sycamore Fire Department for occasional postings.