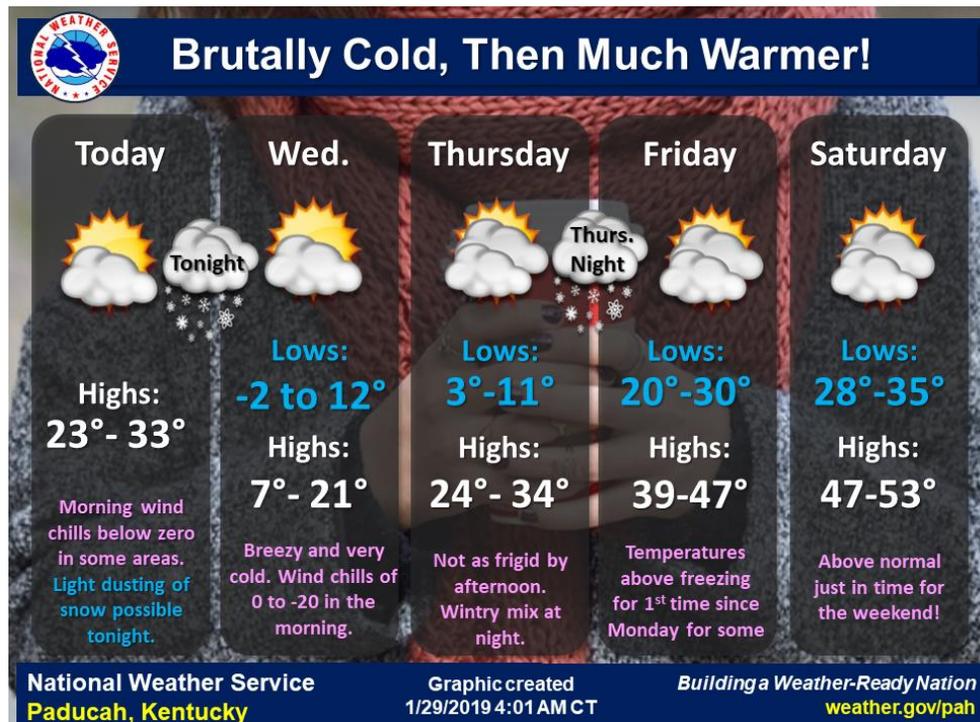


SE ALERTS

COLD WEATHER INFORMATION ALERT

Due to extreme cold temperatures falling through Thursday, Jan. 31, Southeast Missouri State University is encouraging students, faculty and staff to prepare for extremely cold conditions.



SAFETY TIPS

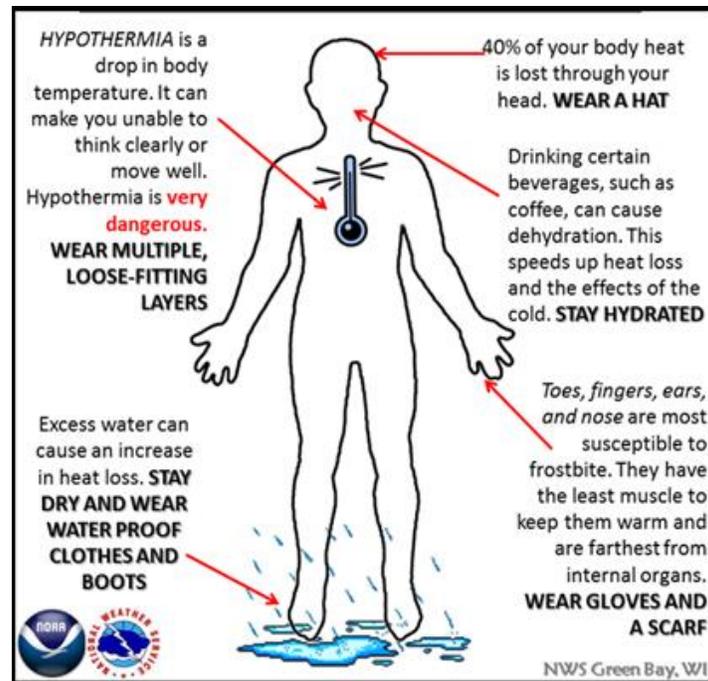
During dangerously cold temperatures, follow these steps:

- Listen to EAS or NOAA weather radio or use your favorite weather app for timely and accurate information.

- Protect yourself, wherever you are:
 - **Close off rooms** to consolidate and retain heat.
 - **Dress in layers**, and use blankets to stay warm.
 - **Bring pets into a warm place** and out of the storm or severe cold.
 - **Never use a generator**, camp stove, charcoal grill, or gasoline or propane heater indoors, as these items can start accidental fires, cause electric shock, and/or cause deadly carbon monoxide poisoning. Never heat a home with a cooktop or oven.
 - **Limit your time outdoors**, and stay dry.
- **Dress in warm clothing for the outdoors even if you don't think you'll be out much.** Wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Wear mittens, which are warmer than gloves. Cover all of your body, and wear a hat and a scarf.



- **Know the warning signs of hypothermia.** When your body temperature sinks below 96°F, you have hypothermia, a serious health hazard that occurs when the body temperature is lowered too much. If your temperature is 96°F or less, you feel cold and sluggish, or are having trouble thinking clearly, seek medical help immediately.



- Remember these tips to prevent hypothermia:
 - Dress in layers.
 - Wrap up well when going outside in the cold.
 - Avoid breezes and drafts indoors.
 - Eat nutritious food and wear warm clothes to ward off winter chill.
 - Wear a warm hat.
 - Eat hot foods and drink warm drinks several times during the day.
 - If you live alone, ask a family member or friend to check on you daily.
 - Ask your doctor if any medicine you're taking increases your risk of hypothermia. Drugs that may cause a problem include barbiturates, benzodiazepines, chlorpromazine, reserpine, and tricyclic antidepressants.
- **Watch for frostbite.** Frostbite can happen in minutes, especially on the extremities such as fingers, toes, nose and ears but can affect any area of exposed skin. Frostbite happens when the body's survival mechanisms kick in during extremely cold weather. Keep your skin dry. Stay out of the wind when possible. Drink plenty of fluids, but avoid caffeine, alcohol and cigarettes.
 - **If you suspect frostbite, get indoors as quickly as possible and seek medical attention.**
- **Winterize your vehicle.** Make sure your vehicle has at least a half a tank of gas during extreme cold situations so that you can stay warm if you become stranded.
 - **Update your winter vehicle survival kit.** Your vehicle survival kit should include items listed in the chart below along with a basic toolkit:

 Car Winter Survival Kit Checklist 		
<input type="checkbox"/>  Flashlight & Extra Batteries	<input type="checkbox"/>  Blankets/Sleeping Bag	<input type="checkbox"/>  Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/>  First Aid Kit	<input type="checkbox"/>  Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/>  Sand/Kitty Litter Used for Traction
<input type="checkbox"/>  Snow Shovel	<input type="checkbox"/>  Bottled Water	<input type="checkbox"/>  Cell Phone & Charger
<input type="checkbox"/>  Ice Scraper with Brush	<input type="checkbox"/>  Booster Cables	<input type="checkbox"/>  Flares/Triangles & other Bright Objects

- Remember to be safe during the winter season.
 - **Continue to dress in warm clothing**, stay dry, prevent prolonged exposure to cold and wind, and avoid overexertion which can lead to a medical emergency.
 - **Continue to monitor local news and alerts** for weather information, emergency information and instructions.

To report an emergency, please contact the Department of Public Safety at (573) 651-2215.

For more information, contact Jeremy Gray, Department of Public Safety emergency manager, at (573) 651-2547 or jgray@semo.edu.