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For Immediate Release

RECORD LOW TEMPERATURES EXPECTED OVER THE WEEKEND

Middletown – In addition to the impending snow, frigid temperatures with extreme lows are expected to grip the area in the coming days. Residents are urged to stay indoors and seek shelter from these record low temperatures.

Residents who are in need of respite from the cold are encouraged to seek heated comfort in public buildings. The lobby of the Middletown Police Department, 222 Main Street, which is opened 24 hours a day, will be available to serve as a warming station. Other public facilities such as City Hall will be available as well such as the Russell Library on Broad Street during normal business hours. Elderly persons are encouraged to use the Middletown Senior Center on William Street. Times of operation over the weekend may change, so it is advised to check with these facilities prior to travel.

If one must go out in the harsh elements, it is important to remember a few simple tips for maximizing warmth:

Warming Centers 2-2-2

- Dress in loose fitting layers – tight fitting foot gear and clothing can restrict blood circulation which can cause cold related injuries. Loose fitting clothes will increase the amount of air it can trap which will aid in insulation value.
- Keep clothing dry – even in cold weather sweat can dampen the inner layers of clothes. For outer layers, try to wear water resistive coats and clothing. Before you enter a heated area, be sure to brush off any snow to reduce the possibility of water soaking the outer layers of clothing.

It is important to remember that 40% – 45% of your body heat is lost from uncovered/unprotected areas of the body such as the head, neck, ankles and wrists. These areas of the body tend to radiate heat and have very little insulation in the form of body fat. Covering the head is vitally important due to the amount of blood that circulates in the head, most of which is at the surface. A loss of body heat may lead to hypothermia which is a life threatening condition that occurs when the body's core temperature drops below 95 degrees. One of the first signs of hypothermia is shivering and numbness. If you feel the onset of these conditions, it is important to seek shelter immediately.

The best defense against cold related illness is prevention. Staying hydrated is just as important in cold weather as it is in hot weather. Drink plenty of water and avoid alcohol, caffeine and nicotine and most importantly...stay warm and dry.

Please refer to the City of Middletown web site (www.cityofmiddletown.com) and Comcast Channel 19 for additional information.

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