



FRIGID WEATHER

Be aware of both the temperature and the wind chill when planning outdoor activities. When you prepare to go outside in severe cold weather, please remember the following:

- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Dressing in layers helps you retain heat. You can remove layers as needed if you become too warm.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup.
- Recognize the symptoms of [hypothermia](#).
- Recognize [frostbite-warning signs](#).
- Temperatures below freezing along with wind chill can be dangerous, even deadly, for our domesticated pets.

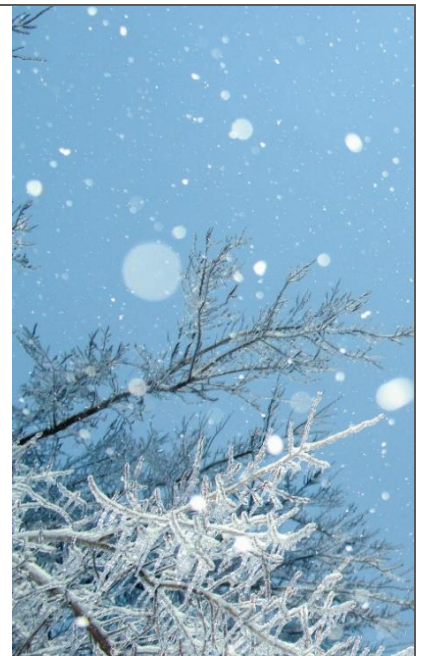
Heat Your Home Safely

As families turn to alternative heating sources to supplement their home heating systems, they should take the following precautions:

- Use caution with portable space heaters - Heating equipment is the leading cause of home fires during the winter months, according to the National Fire Prevention Association.
 - To prevent fire, place space heaters at least three feet away from anything combustible, including wallpaper, bedding, clothing, pets and people.
 - Never leave space heaters operating when you are not in the room or when you go to bed. Don't leave children or pets unattended near space heaters.
 - Drying wet mittens or other clothing over space heaters is a fire hazard.
 - Do NOT use Grills or Cooking elements to heat your home.

Prevent Frozen Pipes

Now is the time to protect your house pipes from freezing and bursting. With the cold weather upon us, preventive action may make all the difference. [American Red Cross offers these tips.](#)



IMPORTANT NUMBERS

Emergencies: 911

Non-Emergencies: 860-523-5203

Eversource: 800-286-2000

CT Natural Gas: 860-456-8747

MDC: 860-278-7850

Town Hall: 860-561-7500

Public Works: 860-561-8100



**WEST
HARTFORD**