



# TOWN OF PLAISTOW

## Office of Emergency Management



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Emergency Management Director

## PRESS RELEASE

FOR IMMEDIATE RELEASE  
1/14/2021

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### EXTREME COLD FRIDAY 1/14/2022 THROUGH SATURDAY 1/15/2022

PLAISTOW, NH – The Plaistow Office of Emergency Management has been notified of a period of extreme cold starting Friday Evening and persisting through Saturday. The National Weather Service is forecasting overnight low temperatures in the single digits and possibly below zero degrees Fahrenheit. Wind chills are forecasted to be up to negative 25 degrees Fahrenheit, especially during overnight hours. Daytime highs will be in the single digits.

The Plaistow Office of Emergency Management is encouraging everyone to take measures to prepare themselves for severe weather. Closely monitor local media for weather updates and prepare yourself by:

1. Stay indoors during the worst part of the extreme cold.
2. Keep a winter survival kit in your vehicle if you must travel.
3. Check tire pressure, antifreeze levels, heater/defroster, etc.
4. Learn how to shut off water valves for potential pipe bursts.
5. Check on senior citizens and persons with disabilities.
6. Bring pets inside.
7. Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
8. For more winter weather information and tips, visit <https://www.ready.gov/winter-weather>

Learn the signs of, and basic treatments for, frostbite and hypothermia.



**Frostbite** causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first – chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

If you lose power or need somewhere to warm up, please visit one of our warming centers listed below.

Plaistow Public Library	Plaistow Public Safety Complex	Vic Geary Center
85 Main Street Plaistow, NH 03865 603-382-6011 Open until 5 PM	27 Elm Street Plaistow, NH 03865 603-382-6816 Call Ahead	18 Greenough Road Plaistow, NH 03865 603-382-9276 Call Ahead

Call Emergency Management at 603-382-1200 if you need help finding a shelter or need transportation.

**Call 9-1-1 for all emergencies.**