



Kahnawà:ke Ratitsénhaiens

Mohawk Council of Kahnawà:ke

P.O. Box 720 Kahnawà:ke Mohawk Territory JOL 1B0

Phone: (450) 632-7500 Fax: (450) 638-5958

Web Site: www.kahnawake.com E-mail: communications@mck.ca

Enhsakotò:kénhte Nitiotié:ren Tsi Ietsenhaiéntákhwa

PUBLIC SERVICE ANNOUNCEMENT

Extreme Cold Weather Warning

(Kahnawake – 21, Tsothohrkó:wa/January 2013) The Community Protection Unit of the Mohawk Council of Kahnawà:ke would like to ensure that community members are prepared for the extreme cold conditions expected over the next few days. It is advised that people remain indoors as much as possible to avoid cold injury.

The following are some items to be aware of about the effects of cold:

- **Mild Cold Injury** - Shivering or numbness in face, hands, feet or ears
- **Frost-nip** - Skin appears yellowish or white, but feels soft to the touch
- **Frostbite** - Skin may look whitish or greyish yellow, feel hard or waxy and be numb
- **Severe Hypothermia** - Fatigue, confusion or slurring of speech – call Ambulance

To treat cold injuries move the person out of cold as soon as possible, then:

- Remove wet clothing
- Warm the affected area slowly. Use warm, not hot water. Use warm hands/body heat (do not rub)
- Give warm drinks.

If you cannot move the person out of the cold:

- Cover them with dry blankets or clothing while waiting for help
- Do not attempt to warm the affected area. Warming and refreezing will cause greater damage.
- Give warm drinks

Avoid additional injury. Tissue suffering from cold injury is fragile and can be easily damaged.

- DO NOT RUB the area
- The affected area is numb and easily burned. DO NOT HEAT QUICKLY by using:
 - hot water, hot water bottles, heating pads or electric blankets

Click here for a full list of [symptoms and treatments for Cold Injury](#). Also, visit the [Emergency Preparedness](#) page on kahnawake.com or call **450-632-0635** for more information.

SUGGESTED INSTRUCTIONS FOR MEDIA

Please mention periodically while extreme cold weather conditions last.

For further information on this release contact Gene Diabo at 450-632-7500, ext. 2254