For immediate release:  
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## As temperatures continue to fall, Ottawa Pubic Health upgrades to a Frostbite Warning

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**Ottawa** - Ottawa Public Health (OPH) has issued a ***Frostbite Warning*** to advise residents to take appropriate precautions before going outside and to encourage homeless people to seek shelter indoors. This warning is in effect for December 13-14, 2013.

A Frostbite Warning is issued when a wind chill of -35 or colder is forecast for the Ottawa area. At these temperatures, exposed skin can freeze in less than ten minutes. There is also an increased risk of [hypothermia](http://ottawa.ca/en/residents/public-health/healthy-living/hypothermia) for people who stay outside for long periods of time without adequate protection. Overexposure can result in severe injury and even death. OPH recommends that you wear several layers of clothing to keep warm and make sure that the outer layer protects you from wind and moisture.

[Frostbite](http://ottawa.ca/en/residents/public-health/healthy-living/frostbite) results when the skin and underlying tissues freeze. Skin is white and waxy and feels hard to the touch. Frostbite is a serious condition that can require amputation. Medical attention is advised. Frostnip is a mild form of frostbite where only the skin freezes. Both frostbite and frostnip can be treated by gradually warning skin using body heat or warm water. Never rub or massage affected areas.

Children, the elderly, people with poor circulation and the homeless are particularly vulnerable to cold weather. There are many services available to help the homeless:

* Emergency sleeping spaces in Ottawa shelters,
* Street outreach services to encourage homeless people to come in from the cold, and
* Provision of emergency transportation and other services by the Salvation Army.

To seek assistance for a homeless person, concerned citizens are encouraged to call: 3-1-1. Calls are answered by the City of Ottawa Call Centre on a priority basis and referrals are made to the appropriate services.

For more information on frostbite, hypothermia and cold weather precautions visit [ottawa.ca/health](http://ottawa.ca/en/residents/public-health/cold-weather-ottawa) or call 613-580-6744 (TTY: 613-580-9656). For more information on frostbite, hypothermia and cold weather precautions visit [ottawa.ca/health](http://ottawa.ca/en/residents/public-health/cold-weather-ottawa) or call 613-580-6744 (TTY: 613-580-9656).

Look for our regular extreme weather updates on [Twitter](http://www.twitter.com/ottawahealth) @OttawaHealth. You can also connect with OPH on [Facebook](http://www.facebook.com/pages/Ottawa-ON/Ottawa-Public-Health/131015656935062), [Tumblr](http://www.ottawahealth.tumblr.com/), and [Pinterest](http://www.pinterest.com/otthealthsante).

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**For more information:**Media contact  
613-580-2450

Public inquiries:

[ottawa.ca](http://ottawa.ca/en/index.htm)  
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