



Public Health
Prevent. Promote. Protect.

NORTH CENTRAL PUBLIC HEALTH DISTRICT

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THE DALLES, OR 97058
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Public Service Announcement

Date: Jan. 18, 2024
To: All Media
From: Shellie Campbell, Director
North Central Public Health District
Subject: **Winter Safety Tips**

With continued severe weather, North Central Public Health District would like to again share helpful information on ways to stay safe in extreme cold temperatures.

Topline tips include:

- Check on your vulnerable family and neighbors
- Leave faucets on drip; open doors below sinks to allow warmer air to reach pipes
- Be prepared for power outages: keep a supply of blankets, non-perishable foods and a battery-powered radio on hand
- Must travel? Check conditions at <https://www.tripcheck.com/> and pack a go bag with water, snacks, shovel, flashlight, working batteries

The NCPHD website has links to a wide variety of information, ranging from tips for creating emergency kits for your home and vehicle to ways to avoid hypothermia, frostbite and carbon monoxide poisoning. Visit <https://www.ncphd.org/winter-preparedness-topics>

In need of temporary shelter or supplies? Reach out to Mid-Columbia Community Action Council by completing a service request form at <https://www.mccac.com/assistance-request>

For more tips on preventing freezing pipes, visit The Dalles Public Works Department information page at https://www.thedalles.org/news_detail_T4_R84.php



For weather updates, visit <https://www.weather.gov/pdt/>

For more information, please contact North Central Public Health District at (541) 506-2600, visit us on the web at www.ncphd.org or find us on Facebook.)