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We would like to provide you with the following information from various CDC programs related to winter weather hazards. Content links are provided. If you have questions on these or other clinical issues, contact us at coca@cdc.gov.

Winter Weather Health and Safety Concerns

Overview

Exposure to cold temperatures, whether indoors or outside, can cause other serious or life-threatening health problems. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

Winter weather increases the likelihood of carbon monoxide exposure from improper use of generators and inadequately ventilated gas-fueled heaters. Other common cold-related problems are hypothermia, frostbite, and injury. Below are CDC resources that address these issues.

Emergency Preparedness and Response

- Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety

<http://www.bt.cdc.gov/disasters/winter/guide.asp>

- Winter Weather FAQs

<http://emergency.cdc.gov/disasters/winter/faq.asp>

Carbon Monoxide Poisoning

- CDC Carbon Monoxide Poisoning Homepage

<http://www.cdc.gov/co/default.htm>

- Carbon Monoxide Poisoning After a Disaster

<http://emergency.cdc.gov/disasters/carbonmonoxide.asp>

- Clinical Guidance for Carbon Monoxide (CO) Poisoning After a Disaster

http://emergency.cdc.gov/disasters/co_guidance.asp

- Carbon Monoxide Poisoning Prevention Clinical Education

Clinical education and online course on Carbon Monoxide (CO) poisoning that provide information on diagnosis, reporting, and treatment of CO

poisoning by clinicians and health care providers.

<http://www2a.cdc.gov/phtn/COPoisonPrev/default.asp>

- CO Detectors Prevent CO Poisoning - Article featuring CDC Authors

Mack KA, Liller KD, Damon S. Response to letter to the editor: "CO Detectors prevent CO Poisoning" Am J Lifestyle Medicine 2010; 4:368. <http://ajl.sagepub.com/content/4/4/368.full.pdf+html>

Hypothermia

- Winter Weather: Hypothermia

<http://www.bt.cdc.gov/disasters/winter/staysafe/hypothermia.asp>

- Hypothermia-Related Deaths --- United States, 1999--2002 and 2005

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5510a5.htm>

Frostbite

- Winter Weather: Frostbite

<http://www.bt.cdc.gov/disasters/winter/staysafe/frostbite.asp>

Power Outages

- CDC Power Outages Homepage

<http://www.bt.cdc.gov/disasters/poweroutage/>

- What You Need to Know When the Power Goes Out

<http://www.bt.cdc.gov/disasters/poweroutage/needtoknow.asp>

Other Resources and Articles

- Be Prepared: Staying Safe and Healthy in Winter Weather

<http://www.cdc.gov/Features/WinterWeather/>

- NIOSH Workplace Safety and Health Topics: Cold Stress

<http://www.cdc.gov/niosh/topics/coldstress/>

- Occupational Safety & Health Administration (OSHA): Tips to Protect Workers in Cold Environments

http://www.osha.gov/html/cold_protection_2004.html

- Articles from MMWR and other Journals

A bibliography of articles about winter hazards including Hypothermia, Carbon Monoxide Poisoning, Ice Storms, and Snowmobiles.

<http://www.bt.cdc.gov/disasters/winter/bibliography.asp>