



For Immediate Release

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Mayor Marcia A. Leclerc Offers Winter Weather Tips

(January 27, 2016) **East Hartford, CT** – As residents start to recover from the first blizzard of the year, Mayor Marcia A. Leclerc offered some tips and information as temperatures dip and snow storms ramp up in intensity.

With recent temperatures hovering below freezing, Mayor Leclerc reminded residents about East Hartford's free and open warming centers and the dangers of cold temperatures on certain groups of the population.

"Wear layers, limit your exposure to the outdoors and look for the warning signs of hypothermia as you and your families venture out during the day," Mayor Leclerc said. "Check regularly on infants, children and the elderly or physically ill, because they are at a greater chance of hypothermia. If you need a place to warm up, feel free to visit any of our warming centers in town."

Those warming centers, which do not offer any staff or special services, are located in the following locations: The Public Safety Complex Lobby (31 School Street, open 24 hours, 7 days a week) and the South End Senior Center (70 Canterbury Street, 8:30 a.m.-4:30 p.m., Monday-Friday). All people are welcome to come in and warm up.

Residents should also recognize the signs of hypothermia, which can be fast and can come at a moment's notice as the temperature decreases and exposure to the cold increases. Hypothermia is defined as a core body temperature below 95 degrees Fahrenheit and includes the follow signs and symptoms:

Shivering, which may stop as hypothermia progresses; Slow, shallow breathing; Confusion and memory loss; Drowsiness or exhaustion; Slurred or mumbled speech; Loss of coordination; Fumbling hands; Stumbling steps; A slow, weak pulse and in severe hypothermia, a person may be unconscious without obvious signs of breathing or a pulse. If you notice any or all of these signs, call 9-1-1 immediately.

As snowstorms begin to increase as winter progresses, residents and property owners should also be aware of the ordinances for shoveling sidewalks, which are covered in Section 18-38, stating that all property owners are responsible for maintaining and clearing snow and ice from the sidewalk that abuts their property and have 8 hours after a storm to clear their sidewalks. If a storm ends overnight, the property owner then has the next 8 hours of daylight to clear their sidewalk, before they are issued a warning and then subsequently fined.

Other important winter tips to consider include: Using common sense while shoveling, in terms of physical exertion, and being safety-conscious while operating a snow blower; Being mindful of parking bans in effect, which helps with the town's snow removal operations and the passage of emergency vehicles; Dressing in layers and using many thin, warm layers rather than a few thick layers, allowing your body to insulate better. Additionally, if using a generator, be mindful to place it at least 20 feet away from your home, windows, doors and vents to avoid deadly Carbon Monoxide fumes.

For further information and more winter tips, please visit the Town of East Hartford website at www.easthartfordct.gov and view the bulletin titled "Town of East Hartford 2016 Winter Weather Preparedness."

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