



Media Release

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Wind Chill Watch

Yakima, WA- The National Weather Service has issued a wind chill for several areas in Washington state. It will be in effect through 4:00pm on Sunday, January 14th with cold wind chills expected as low as 20 below zero. The Yakima Health District is advising community members to take steps to prevent cold related illnesses, such as hypothermia or frostbite, to remain safe.

Hypothermia (abnormally low body temperature) and frostbite are both dangerous conditions that can happen when a person is exposed to extremely cold temperatures.

Hypothermia is caused by prolonged exposure to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Warning signs of hypothermia in adults are:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Warning signs of hypothermia in babies are:

- Bright red, cold skin
- Very low energy

If there are signs and symptoms of hypothermia, take the person's temperature. If it is below 95°F, get medical attention immediately.

Frostbite is a type of injury caused by freezing. It leads to a loss of feeling and color in the areas it affects, usually extremities such as the nose, ears, cheeks, chin, fingers, and toes. Frostbite can

permanently damage the body, and severe cases can lead to amputation (removing the affected body part).

If you notice redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may point to frostbite:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

A person who has frostbite may not know they have it until someone else points it out because the frozen parts of their body are numb. If you notice signs of frostbite on yourself or someone else, seek medical care.

Be Prepared

Protect yourself from extreme cold by following these tips:

- Try to stay indoors during extremely cold weather.
- Heat your home safely.
- Winterize your home by checking your heating system and sealing all cracks and drafts
- Dress warmly with a hat, scarf, gloves, socks, and several layers of loose-fitting clothing and stay dry.
- Be up to date on the weather conditions, wind chill advisories, and extreme weather warnings.

Cold Weather Resources

Individuals may call 2-1-1 for community resources such as utility assistance, food, housing, and other services. Community members without access to warm shelter may also consider the following resources.

Organization	Address	Phone	Service Type
Yakima Union Gospel Mission	1300 N 1 st St, Yakima, WA 98901	(509) 248-4510	Front porch heaters available. There are some exceptions for over-night placement in colder weather conditions throughout the winter on a case-by-case basis.
Camp Hope	2300 E Birch St, Yakima, WA 98901	509-424-1228	Open 24 hours a day and offer heaters, meals, showers, restrooms, and more.
Rod's House	204 S Naches Ave, Yakima, WA 98901	(509) 910-4816	Overnight emergency shelter for ages 18-24 from 4pm-8am.

			Individuals may also be referred to an overnight shelter at Days Inn.
Noah's Ark	117 E. 2 nd St, Wapato, WA 98951	(509) 985-1776	Extreme weather outreach and overnight shelter.
Yakama Nation	50 Wishpoosh Rd, Toppenish, WA 98948	(509) 314-6213	Iniitnu't winter weather shelter open 24 hours a day.

Additional Information

[Yakima County: Winter Weather Resources 2023/2024](#)

[CDC: Winter Weather](#)

[CDC: Prevent Hypothermia & Frostbite](#)

[National Weather Service: Wind Chill Advisory](#)

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