



MEDIA ADVISORY

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FOR IMMEDIATE RELEASE
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Howard County Health Officer Issues a Reminder in Response to Cold Temperatures and Wind Chill for Outdoor Activities

Pre-Inaugural Events Expected to Draw Thousands to Outside Venues in Area

Columbia, MD - Dr. Peter Beilenson, Howard County Health Officer, has issued a Cold Weather reminder for January 14, 2009, through this weekend's pre-Inauguration events. Daytime temperatures are expected to reach only into the 20's. The winds, which are expected to pick up by the weekend, will make the temperature feel even colder -- 8 degrees Fahrenheit or less. "These precautions are particularly important when many of our residents will be spending extended periods of time outside in the cold at inaugural events occurring in the Baltimore-Washington corridor." says Dr. Beilenson.

The public is reminded that, while spending time outdoors, they should take a common sense approach to the cold and use the following precautions to prevent any cold-related illness or injury:

- Cover as much of exposed skin as possible (hats, gloves)
- Dress in multiple layers
- Do NOT drink alcoholic beverages – drink **warm** NON-alcoholic beverages instead

As with any other emergency, citizens should call 9-1-1 if they encounter a cold-related emergency. For more detailed information visit the Health Department website at www.hchealth.org

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