

# PRESSRELEASE

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## **For Immediate Release**

**Date:** January 23, 2008  
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Phase one snow conditions will remain in effect for Thursday January 24<sup>th</sup> due to the expected snow predicted for Wednesday night. The City could see as much as 4-8 inches of new lake effect snow overnight.

The phase one snow condition places a parking ban on both sides of all identified Snow Routes and on the north and west side of all other remaining city streets.

Along with the snow, city residents should prepare for extremely cold conditions to continue. Mayor Oberlie, along with John Jones, Director of Emergency Management, issued the following cold-weather tips:

- Check on family, friends and neighbors; especially senior citizens who account for more than half of cold related deaths.
- Keep extra blankets, flashlights and batteries, first aid supplies, matches, manual can opener, snow shovel, and special needs items (i.e., diapers, medications) on hand.
- Dress in several layers to maintain body heat and eat high protein meals and snacks. Protein snacks like nuts help the body generate heat.
- Make a plan to stay with relatives or at other alternate locations if power goes out.
- When using alternative heat sources, keep a dry-chemical fire extinguisher nearby.
- Know the signs and symptoms of frost bite and hypothermia and seek immediate medical attention for anyone you suspect may be suffering from these conditions.