



## State of New Hampshire Department of Safety

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#### FOR IMMEDIATE RELEASE

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## PRESS RELEASE

### PREPARE FOR EXTREME COLD WEATHER

CONCORD, N.H. – The National Weather Service (NWS) in Gray, Maine is forecasting dangerously low temperatures for the next 24-hours. A Wind Chill Advisory is in effect from 1AM to 1PM on Thursday, December 19, 2019 for Coos County. The rest of the State can expect wind chill temperatures below zero.

“Residents and visitors are urged to take precautions for the cold weather, especially during this period of extreme cold temperatures,” says Jennifer Harper the Director of the NH Homeland Security and Emergency Management. “Stay indoors if you can. If you must go outside, dress in layers, cover exposed skin and limit time outside.”

According to the NWS, wind chills in Coos County may be as low 30 below zero on Thursday. The dangerously cold wind chill could cause frostbite on exposed skin in as little as 10 minutes.

“Be a good neighbor. Remember to check on your family, the elderly, or others with access and functional needs, this includes your pets, to make sure they are safe and have heat.” Harper added.

Safety tips during cold weather:

- Stay indoors as much as possible.
- It is best to wear several layers of loose-fitting clothing when outdoors, including hat, scarf and gloves.
- If clothing becomes wet, remove it immediately.
- Return indoors when shivering.
- Protect people at high risk by providing warm clothes and blankets.
- Bring animals indoors.

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