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## **Stay healthy and safe during winter storms**

As cool temperatures, strong winds and heavy rains hit the Northwest this week, so do the risks of injuries associated with inclement weather.

The Oregon Health Authority's Public Health Division has a few pointers to help people stay safe and healthy during winter storms.

"Every year, Oregonians are injured or killed during storms. There are some simple things people can do to stay safe during and after bad weather, such as preventing carbon monoxide poisoning, avoiding electrical hazards and keeping food safe," said Jean O'Connor, J.D., Dr.P.H., Public Health Division deputy director.

Most importantly, stay out of standing and moving water during a storm. Currents can change quickly and even the strongest swimmers can drown. Use caution on the roads. Do not drive through standing water – even if the water appears to be shallow, your car can quickly be swept away.

If you lose power at home, don't use a generator, pressure washer, charcoal grill, camp stove, or other gasoline- or charcoal-burning device indoors. This includes inside a basement or garage, or near a window, door or vent. Generators and heaters can cause the build-up of carbon monoxide. Carbon monoxide is a colorless, odorless gas that can cause death with few symptoms. If carbon monoxide poisoning is suspected, seek fresh air and get medical care right away.

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Wear eye protection when cleaning up storm debris. Wear appropriate clothing, such as safety glasses, ear protection and heavy work gloves. Never make contact with power lines or objects that are in contact with power lines.

For more information about injury prevention, storm safety and carbon monoxide, visit the Public Health Division's [preparedness website](#).

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