



Media Release

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Wind Chill Advisory

Yakima, WA- The National Weather Service has issued a wind chill advisory for several areas in Washington State. It will be in effect from 10:00pm Wednesday, December 21st through 10:00am Friday, December 23rd with very cold wind chills expected as low as 25 to 30 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 exposures 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	Facility Type	Address	Phone	Hours of Operation	Population served
Camp Hope - Yakima	Overnight shelter	2300 E Birch St, Yakima, WA 98901	(509) 424-1228	24 hours per day/7days per week	Ages 18 and older. Families with children. Pets allowed.
Camp Hope - Toppenish	Overnight shelter	508 W 1 st Ave, Toppenish, WA 98948	(509) 424-1228	24 hours per day/7days per week	Ages 18 and older. Families with children.
Noah’s Ark	Overnight shelter	117 E 2nd St,	(509) 877-6337	7 days per week. 8am-5pm. Stop	Ages 18 and older.

		Wapato, WA 98951		accepting people at 9pm.	
Rod's House	Day shelter. Individuals may also be referred to an overnight shelter at Days Inn.	204 S Naches Ave, Yakima, WA 98901	(509) 424-1228	Monday, Tuesday, Thursday, Friday: 12:00- 5:00pm. Wednesday: 10:00- 3:00pm.	Ages 18-24.
Union Gospel Mission	Overnight shelter	1300 N. 1st St., Yakima, WA 98901	(509) 424-1228	24 hours per day/7days per week. Check-in times are 11:00am- 12:00pm and 4:00pm- 5:30pm.	Ages 18 and older. Families with children. ID may be required.
Yakima Neighborhood Health Connections	Resource center. Provides housing vouchers and transportation.	Yakima office: 12 S 8th St, Yakima, WA 98901 Sunnyside office: 617 Scoon Rd, Sunnyside, WA 98944	Yakima office: (509) 834- 2098 Sunnyside office: (509) 837-8200	Monday- Friday. 8:00am- 5:00pm	Ages 18 and older.

Additional Information

[CDC: Winter Weather](#)

[CDC: Prevent Hypothermia & Frostbite](#)

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

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