

Hazard: Excess Cold

Identity of Hazard(s): A healthy indoor temperature is around 70°F, although cold is not generally perceived until the temperature drops below 64°F. A small risk of adverse health effects begins once the temperature falls below 66°F. Serious health risks occur below 61°F with a substantially increased risk of respiratory and cardiovascular conditions. Below 50°F the risk of hypothermia becomes appreciable, especially for the elderly.¹

Primary Health Outcomes: Cardiovascular conditions and respiratory conditions ¹

Health Alert! Victims of hypothermia are most often: elderly people with inadequate food, clothing, or heating; babies sleeping in cold bedrooms; children left unattended; adults under the influence of alcohol; mentally ill individuals.²

Gain Control: Actions You Can Take²

- Insulate walls and attic.
 - Caulk and weather-strip doors and windows.
 - Install storm windows or cover windows with plastic from the inside.
 - Insulate any water lines that run along outer walls (water will be less likely to freeze).
 - Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.
 - Bring your pets indoors during the winter.
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Local Resources for Detroit Residents:

- DTE Energy: (866) 796-0512
 - DTE Water Heater Rebate Program:
<http://www.dteenergy.com/residentialCustomers/saveEnergy/rebates/resWaterHeaterRebates.html>
- Wayne Metro Community Action Agency Weatherization Assistance Program: (734) 525-1341
- CLEARCorps Detroit: (313) 924-4000

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf

²<http://www.bt.cdc.gov/disasters/winter/guide.asp>