

WHAT ARE COLD WAVES?

They are extreme meteorological phenomena caused by cold and generally dry air masses, which develop over a continental area for at least six consecutive days, where the minimum air temperature is 5°C or more below the average of daily minimum temperatures for the reference period.



IF YOU SUSPECT THAT YOU OR SOMEONE AROUND YOU IS EXPERIENCING HYPOTHERMIA, CALL 112 IMMEDIATELY...

...follow the recommendations contained in this leaflet and disseminate them.

COLLABORATE CIVIL PROTECTION STARTS WITH YOU



USEFUL CONTACTS



**Cold
Waves**
Self-protection



PREVENT PLAN RESCUE



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CMA CÂMARA MUNICIPAL DE ALMADA

HEALTH RISKS

Cold waves can pose a threat to human life, especially for at-risk groups (children, the elderly, individuals with chronic respiratory or cardiac conditions, and the homeless).

The most common problems directly associated with exposure to cold are frostbite and hypothermia. Learn more: Guide "Protect Yourself Against the Cold" (SNS24).

❗ **Frostbite:** Resulting from excessive exposure to cold, causing a tingling sensation and numbness in the hands, feet, and ears. It can lead to permanent damage to the human body, and in severe cases, amputation. The risk is higher in individuals with circulation problems or who do not wear appropriate clothing.

❗ **Hypothermia:** Occurs when the body temperature drops 2°C below



normal (37°C), affecting the brain and making it difficult for the person to think clearly or move. If it persists for several hours, it can lead to death.

DANGERS AT HOME

CARBON MONOXIDE POISONING

❗ Be particularly cautious with wood heating systems (fireplaces, braziers, and stoves).

In enclosed spaces without air renewal, combustion can produce carbon monoxide, a lethal gas.



FIRES

❗ They can originate from improper use of electric heaters or overload of the electrical network due to the simultaneous operation of multiple devices.



BURNS

❗ Prevent them and be extra careful with children and the elderly.



SELF-PROTECTION MEASURES

DURING A COLD WAVE:

- ❗ Go out only if absolutely necessary.
- ❗ Wear several layers of clothing instead of a single thick piece.
- ❗ Protect extremities by using gloves, hats, warm socks, and scarves.
- ❗ Avoid excessive exposure to the cold.
- ❗ Protect your face, and avoid inhaling extremely cold air into your lungs.
- ❗ Consume soups and hot drinks, avoiding alcohol which gives a false sense of warmth.



- ❗ Keep your clothes dry. Change wet socks or other items that could contribute to heat loss.