



NEW YORK STATE SENATOR

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## Frigid Temperatures Are on the Way

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Important numbers to keep handy in case of a cold-weather emergency

Our area is bracing for record cold temperatures in the next few days, and I wanted to share some information to help ensure that everyone stays safe. In case of an emergency, do not hesitate to call 911. However, there are often times other numbers come in handy when temperatures get this cold:

### *National Grid*

\*24-hour gas emergencies – 1-800-892-2345 or 911

\*To report an outage – 1-800-867-5222

\*Customer service – 1-800-642-4272

### *New York State Police*

\*Jefferson & Oswego Counties - (315) 366-6000

\*St. Lawrence County – (518) 897-2000

### *Sheriff Departments*

\*Jefferson County Dispatch - (315) 786-2601

\*Oswego County Dispatch – (315) 349-3411

\*St. Lawrence County Dispatch – (315) 379-2240

### *American Red Cross*

\*Watertown - (315) 782-4410

I have also put together a small list of tips—things you should be thinking about as the bitter cold comes our way:

***Bundle up:*** If you are heading outside, be sure to dress appropriately. According to the National Weather Service, in extreme cold temperatures, exposed skin can become frostbitten in as little as 10 minutes.

***Protect your pipes:*** To prevent pipes from freezing, it is a good idea to keep your thermostat above 55-degress at all times. In addition, run water—even a trickle—to prevent freezing and open cupboards adjacent to plumbing to allow warm air to circulate.

***Check on your neighbors:*** Our aging population are at an increased risk in such severe cold. Checking on a family member, friend and neighbor to make sure they warm, have food and water and any needed medications could save a life.

***Do not forget your pets:*** For most of our pets, fur will not be enough to protect them from this weather. Try to limit your pet's outdoor time to 10 minutes or less and when coming inside, make sure you check them over—paying special attention to their paws—for cold weather injuries.

***Keep up with the forecast:*** Stay in the know about changing weather conditions by listening to the radio while driving and signing up for NY-Alert (link to NY-Alert site) to receive important safety messages via phone.

***Drive safely:*** It goes without saying that you need to exercise extra caution when there is ice—or even worse, black ice, on the roads. You also should have an emergency kit in your car with flares, blankets, gloves, hats, water, snacks and more.

***In case of an emergency:*** If there is an emergency, do not hesitate to call 911. If you are calling from a cell phone, be prepared to offer additional information about where you are located. It is also a good idea to have a list of emergency numbers easily available—in your home and vehicle—and it is important that all family members, including children any any guests in your home or car know where that list is.

Because the cold is nothing new to our region, it can be easy to overlook the little things. You can find more tips to help you and your loved ones stay safe by clicking [here](#).