



**The weather will be very cold at night in the single digits
Sunday, Jan. 8th and Monday, Jan. 9th**

**Do not attempt to sleep out in this weather because it brings risk of
hypothermia and frostbite.**

EMERGENCY SHELTERS IN SPRINGFIELD

**Friends of the Homeless Resource Center
755 Worthington St., 732-3069**

Shelter beds for men and women, open 24 hours/day

When temperature is 20° or below, FOH generally doesn't turn anyone away unless they have threatened somebody's safety at the shelter.

**Taylor St. Shelter – Closed Sun.
148 Taylor St.**

Shelter beds for men, opens at 4pm

Call ahead in the morning for bed that night 732-0516

Watch out for signs of HYPOTHERMIA:

Confusion – Poor coordination – Jerky motions – Slowed breathing – Loss of consciousness
Alcohol and dehydration can make you more prone to hypothermia.

→Get inside: Warm gradually – Drink warm liquids. Take a warm, not hot, bath

Signs of FROSTBITE:

Hard, pale (white or blue) skin – Tingling – Numbness – Blisters or skin turns black in severe cases

→Do not rub or massage skin. This may cause more damage as crystals are in the skin.

→Put on dry clothes if wet.

→Put hands under your armpits or near warm skin. Never put area next to intense heat.

→Don't start rewarming skin while you are out - once you start you need to be able to complete the process. Rewarm slowly over an hour. Remember pain is a good sign that your body is recovering feeling.

→If skin does not look normal after rewarming; go to the emergency room immediately.