



**ST. JOSEPH COUNTY**  
DEPARTMENT OF HEALTH  
Prevent. Promote. Protect.

# St. Joseph County Department of Health

*"To promote health and wellness with compassion and integrity through partnerships, education, protection, and advocacy for all who reside in and visit St. Joseph County"*

**FOR IMMEDIATE RELEASE**  
**January 16, 2024**

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**(574) 235-9570 x 7904**

## **Extreme Cold Reminders**

Due to very low daily temperatures the St. Joseph County Department of Health is reminding all residents to remain safe, especially if they must venture out into the cold. Exposure to extreme cold outdoors can cause serious health problems. With temperatures and wind chills below zero, frostbite can set in within minutes to exposed skin.

The St. Joseph County Department of Health wants to remind the public to take the following important precautions to prevent cold-related illness and injury:

- Minimize travel. If you must travel outside, be sure to have a winter preparedness kit in your car (see what your kit should be included [here](#)).
  - Check tire pressure, antifreeze levels, heater/defroster, etc.
- Stay indoors during the worst part of the extreme cold.
- Check on the elderly.
- Bring pets inside.
- Wear layers of loose-fitting, lightweight, warm clothing, and a hat.
  - Mittens, snug at the wrist, are better than gloves.
  - Cover your mouth with a scarf to protect your lungs from extreme cold.
- Try to stay dry and out of the wind if possible.

The City of South Bend's community centers are open as heating spaces as well as local libraries. See below for locations and hours of operation:

- Charles Black Community Center
  - Monday – Thursday: 9a-9p
  - Friday: 9a-5p
  - Closed Saturday and Sunday
- Howard Park Event Center
  - Monday – Friday: 8a-8p
  - Saturday: 10a-8p
  - Sunday: 1p-5p

227 W. Jefferson Blvd. | 8th Fl. | South Bend, IN 46601  
P: (574) 235-9750 | F: (574) 235-9960

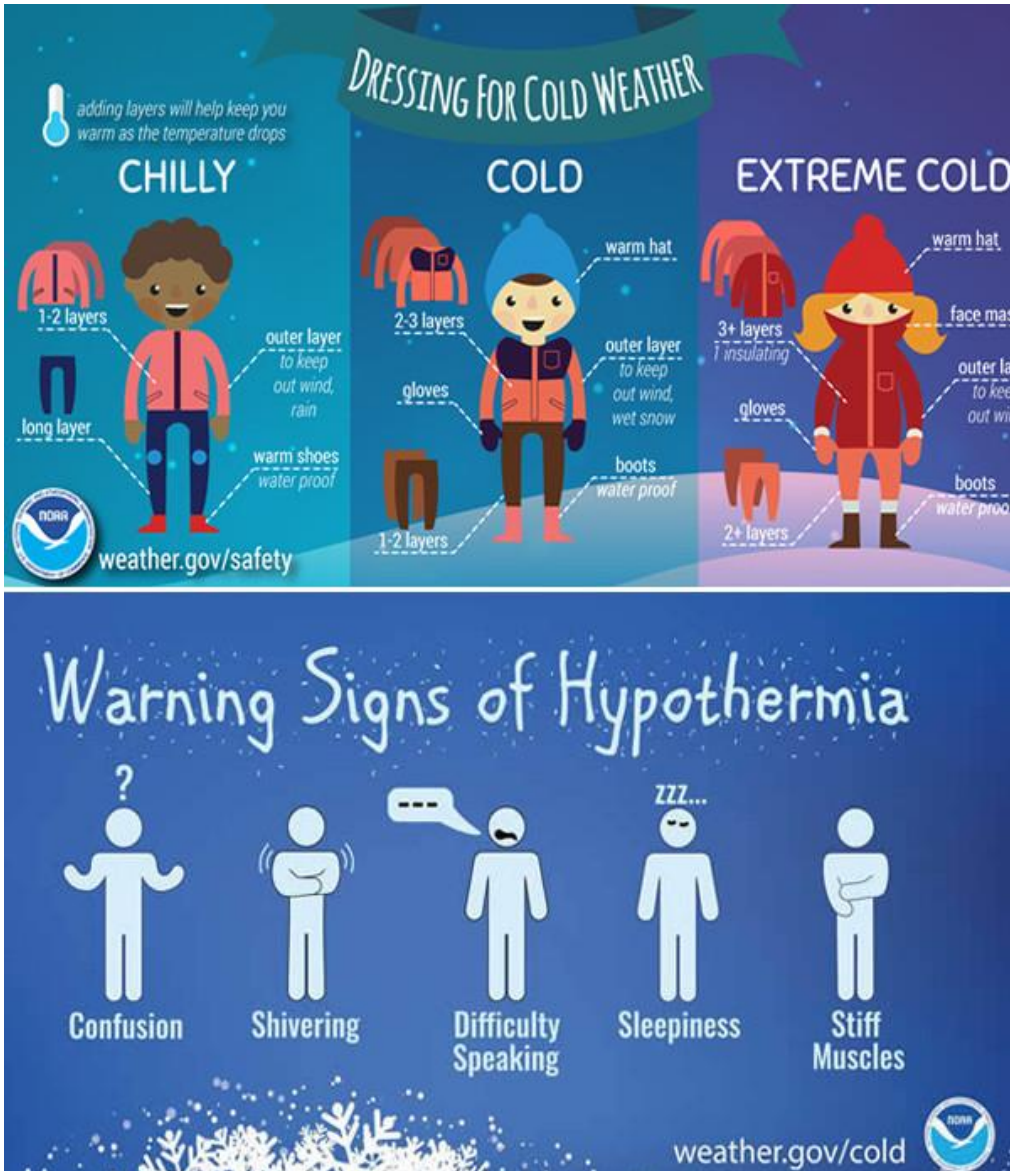


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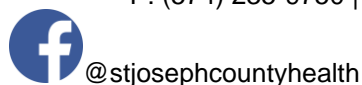
- O'Brien Fitness Center
  - Monday – Friday: 5a-9p
  - Saturday: 7a-4p
  - Sunday: 9a-2p
- Pinhook Community Center
  - Times vary, by appointment.
- St. Joe County Public Library
  - Check with your local library.



For additional information and safety tips, please visit any of the resources below:

- <https://www.cdc.gov/disasters/winter/index.html>

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- <https://www.weather.gov/safety/winter>

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