



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

Date: January 16, 2025

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(574) 252-9771

Extreme Cold Advisory issued for St. Joseph County

The St. Joseph County Department of Health is issuing a public health advisory due to low temperatures and wind chills reaching below 0° Fahrenheit in the coming days. Exposure to extreme cold outdoors or the inability to find warm shelters could result in life-threatening medical issues such as frostbite and hypothermia.

The Department of Health wants to remind the public to take the following vital precautions to prevent cold-related illness and injuries:

- Wear appropriate clothing — layers of loose-fitting winter clothes, water-resistant boots, gloves, & hat
- Do not leave warm shelters unless necessary.
- Do not leave children or pets in cars even if the heat is on
- Focus on keeping extremities warm, such as nose, ears, toes, cheeks, chin, and fingers
- Drink plenty of water and refrain from drinking sugary or alcoholic drinks.
- Keep your pet warm and check asphalt for pet-friendly salt.
- Check in on those at high risk of suffering from a cold-related illness (Young children, older adults, individuals with chronic conditions, individuals without heat, etc.)
- Any Wind Chill under -18 degrees, exposed skin could get frostbite within 10 minutes.
- Apply lotion and lip balm to avoid dry skin

Know the signs and symptoms of cold-related illness

- Uncontrollable shivering
 - Exhaustion
 - Confusion
 - Fumbling Hands
 - Memory Loss
 - Slurred Speech
 - Drowsiness
 - Redness or pain in skin
 - A white or grayish area on skin
 - Unusually firm or waxy feeling skin
 - Numbness
-
- If a person's temperature is below 95 degrees, seek medical attention immediately
 - Always check for the Real Feel or Wind Chill temperature before leaving any warm shelter

The City of South Bend and City of Mishawaka's community centers are open as warming centers. See below for locations and hours of operations:

- Charles Black Community Center - 3419 W Washington St, South Bend, IN 46619
 - Monday-Thursday: 9am-9pm; Friday: 9am-5pm
 - Saturday & Sunday: Closed
 - MLK Day (1/20/25): Closed
- Howard Park Event Center - 219 S St Louis Blvd, South Bend, IN 46617
 - Monday-Thursday: 8am-8pm; Friday: 8am-10pm
 - Saturday: 9am-10pm; Sunday: 11am-8pm
 - MLK Day (1/20/25): 9am-8pm
- O'Brien Fitness Center - 321 E Walter St, South Bend, IN 46614
 - Lobby and bathroom available
 - Monday – Thursday 5am-9pm; Friday 5am-7:30pm
 - Saturday: 9am-4pm; Sunday: 9am-2pm
 - MLK Day (1/20/25): 5am-9pm
- Battell Community Center - 904 N Main St, Mishawaka, IN 46545
 - Monday-Thursday: 8am-8pm; Friday: 8am-5pm
 - Saturday & Sunday: Closed
 - MLK Day (1/20/25): 8am-8pm

Other warming centers include:

- St. Joseph Public Library - 304 S. Main Street (corner of Wayne & Main)
 - Monday-Thursday: 9am-8pm, Friday-Saturday: 9am-5pm, Sunday: 1-5pm
 - Information, Resources, meeting rooms
 - Cultivate meals on 2nd floor Commons, delivered M-F.
 - Dr. Martin Luther King Jr. Day hours (1/20/25): CLOSED
- United Way 1Roof - 405 E Dubail Ave, South Bend, IN 46613
 - Monday-Friday 8am-5pm
 - Dr. Martin Luther King Jr. Day hours (1/20/25): CLOSED
- First UMC - 333 N. Main St, South Bend, IN 46601
 - Dr. Martin Luther King Jr. Day hours (1/20/25): 1-6pm

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If you experience any power outage or loss of heat in your home, immediately do the following:

- Renters
 - Contact Landlord/Leasing Office
- Homeowners
 - Contact your Utility Company

For those experiencing homelessness, you can find more resources for shelter, food, clothing, and many more services at www.southbendin.gov/homelessness

For more information, please visit the Centers for Disease Control and Prevention at www.cdc.gov. You can also stay up to date by following the St. Joseph County Department of Health on social media (Facebook and Twitter).

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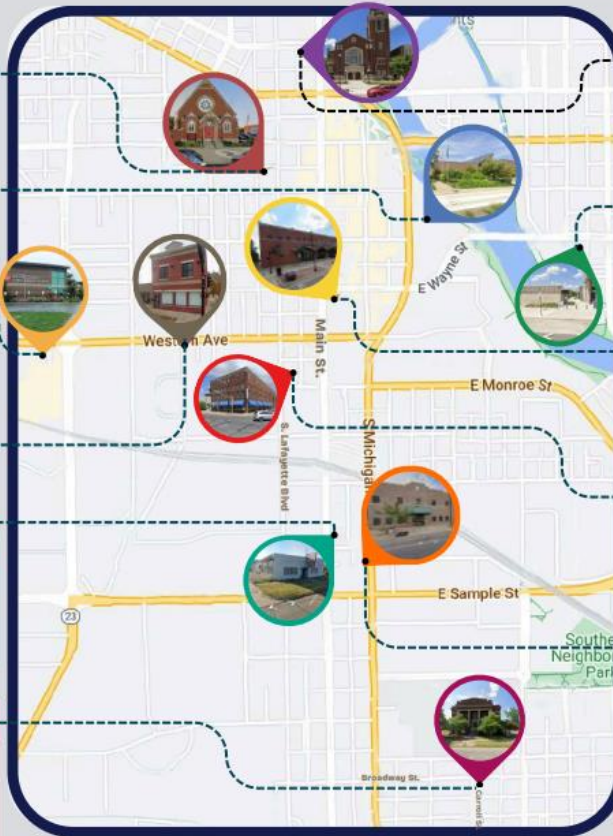
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Homelessness Resources

CITY OF SOUTH BEND, IN



- 1 ST. MARGARET'S HOUSE**
117 N LAFAYETTE
Women & children day shelter.
10am-3pm M-F
Support, advocacy, basic needs, community, breakfast and lunch.
- 2 CENTURY CENTER**
120 DR. MARTIN LUTHER KING JR. BLVD
Seating and restrooms open to the public. Limited hours Public Space
- 3 KROC CENTER**
900 W. WESTERN AVE.
Mondays, Wednesdays and Fridays from 2-4pm at the Family Resource Center (door W12, far westside)
Public Space Office: 574-233-9471
Food Pantry: M, W, & F (9am-12pm)
- 4 MONROE CIRCLE COMMUNITY CENTER**
526 W. WESTERN
Food Pantry every Monday 5-7 p.m.
- 5 OUR LADY OF THE ROAD**
744 S. MAIN ST.
Breakfast, clothing, showers, laundry. Friday, Saturday 8-11/Sunday 8-10
OLR Intake for Motels4Now, Fridays 8-10:00am 574-222-0417. Low barrier temporary housing. Check in and sign up for waitlist.
- 6 BROADWAY CHRISTIAN PARISH UMC**
1412 CARROLL ST.
8-10:30 am, Monday through Thursday (corner of Broadway and Carroll St) 574-289-0333
Breakfast, toiletries, clothing, food pantry T-Th, showers, laundry phone, mail, health care providers
Tuesdays, advocacy services on Wednesday, snack day bags



- 7 DOWNTOWN SOUP KITCHEN | FIRST UNITED METHODIST CHURCH | 333 N. MAIN ST.**
Lunch sit down 11:30am-12:30pm
Mondays, Wednesdays & Fridays (soup, bread, drink, & dessert)
Food pantry Tuesdays 10-1.
Recovery Cafe 9a-4p (574-217-7331)
- 8 HOWARD PARK**
219 S. ST. LOUIS BLVD
Monday-Friday: 8am-8pm, Saturday: 10am-8pm
Sunday: 1-5pm Seating and restrooms open to public
Public Space
- 9 ST. JOSEPH PUBLIC LIBRARY**
304 S. MAIN STREET
M-Th 9am-8pm, F-Sa 9am-5pm, Su 1-5pm (until Memorial Day) Information, Resources, meeting rooms
Cultivate meals on 2nd floor Commons, delivered M,W Public Space
- 10 HOPE MINISTRIES**
432 S. LAFAYETTE
(north of parking lot entrance) Shelter
Lunch 11:45-12:30pm, Dinner 6:30-7:30pm
7 days a week. Check in all bags. Men, women, & families. 574-235-4150
- 11 CENTER FOR THE HOMELESS**
813 S. MICHIGAN ST.
Residential Shelter.
574-282-8700

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AVOID*SPOT*TREAT

FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



Know who is at high risk:



Older adults without proper food, clothing, or heating



People who stay outdoors for long periods (homeless, hikers, hunters, etc.)



People who drink alcohol in excess or use illicit drugs



Babies sleeping in cold rooms

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SPOT

FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



Signs & Symptoms

Redness or pain in any skin area may be the first sign of frostbite.

Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F). If a person is wet (from rain, sweat or cold water) and becomes chilled.



Signs & Symptoms

Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy



If a person's temperature is below 95° get medical attention immediately.

TREAT

If a person is experiencing hypothermia or frostbite...



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FROSTBITE CAUTION

Since skin may be numb, victims of frostbite can harm themselves further.
Use caution when treating frostbite and:



1
UNLESS NECESSARY,
DO NOT WALK ON
FEET OR TOES
WITH FROSTBITE



2
DO NOT USE A
FIREPLACE, HEAT
LAMP, RADIATOR,
OR STOVE FOR
WARMING



3
DO NOT USE A
HEATING PAD
OR ELECTRIC
BLANKET FOR
WARMING



4
DO NOT RUB
OR MASSAGE
AREAS WITH
FROSTBITE

[http://emergency.cdc.gov/disasters/
winter/staysafe/index.asp](http://emergency.cdc.gov/disasters/winter/staysafe/index.asp)



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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National Weather Service Wind Chill Chart



Temperature (°F)

Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times

 30 minutes
 10 minutes
 5 minutes

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Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!



Half of all home heating fires occur in December, January and February.



1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.



Keep anything that can burn **at least 3 feet** from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators **outside, away from windows, and as far away** from your home as possible.



Install and test carbon monoxide alarms **at least once a month**.



Plug only **1 heat-producing appliance** (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents **every year**.



Store cooled ashes in a tightly covered metal container, and keep it **outside at least 10 feet** from your home and any nearby buildings.

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