



NEW YORK CITY **OFFICE OF EMERGENCY MANAGEMENT**

Office of Public Information

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www.nyc.gov/oem

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**OEM COMMISSIONER JOHN T. ODERMATT ADVISES NEW YORKERS ON
WINTER WEATHER PRECAUTIONS**

The Office of Emergency Management (OEM) and the National Weather Service are informing New Yorkers that the winter coastal storm forecast for today has begun to affect the City of New York. OEM is closely monitoring this storm and will do so until its conclusion. OEM advises New Yorkers to stay tuned to television and radio news broadcasts for further information and updates as this situation develops.

The National Weather Service has forecast the possibility of minor coastal flooding in low-lying areas as well as snow freezing rain and ice accumulation. Tides will crest approximately one to two feet above normal heights.

John T. Odermatt, Commissioner of the New York City Office of Emergency Management (OEM) urged all New Yorkers to closely track the progress of this system. "All New Yorkers should take seriously the possibility of snow covered and wet roads, gusty winds, and possible minor coastal flooding. Taking all possible precautions both at home and on the road is an important step all New Yorkers can take to deal with today's winter storm." "New Yorkers should use extreme caution throughout the afternoon rush hour today and use mass transit wherever possible coming in and out of the city."

The New York City Office of Emergency Management will continue to monitor this situation and update as necessary.

Here are some winter storm tips:

- Dress Warmly. -- Wear loose-fitting, layered, light-weight clothing. Several layers of lightweight clothing will keep you warmer than a single heavy coat. Layers can also be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellent. Mittens are warmer than gloves because fingers generate warmth when they touch each other.



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- Stretch before you go out. -- If you go out to shovel snow, do a few stretching exercises to warm up your body. This may prevent injury.
 - Cover your mouth. -- Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary.
 - Avoid Overexertion. -- Cold weather puts an added strain on the heart. Unfamiliar exercise, such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Take frequent rest breaks, and drink plenty of fluids to avoid dehydration.
 - Keep Dry. -- Change wet clothes frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
 - Stay Safe -- Walk carefully on snowy or icy sidewalks. If using a snowblower, NEVER use your hands to unclog the machine.
 - Maintain an awareness of utilities when shoveling snow. --Do not cover fire hydrants with snow when clearing sidewalks and driveways. -- Do not shovel snow into manholes and catch basins.
 - Remember to help your neighbors who may require special assistance -- infants, elderly people, and people with disabilities.
 - Stay indoors and dress warmly.
 - Conserve fuel. Lower the thermostat to 65 degree during the day, and 55 degree at night. Close off unused rooms.
 - If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
 - Listen to the radio or television to get the latest information.
 - Check in with neighbors, friends, or relatives who may need your help.

For more information on Winter Coastal Storm Preparedness for you and our family, log on to www.nyc.gov/oem.