



The Navajo Nation Council — Office of the Speaker

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December 17, 2008

FOR IMMEDIATE RELEASE

Navajo Division of Health sends alert of winter emergencies, cautions people

WINDOW ROCK, Ariz. — Selena Manychildren, public information officer for the Division of Health Bio-Terrorism Preparedness Program, sent a press release out today alerting the public about winter emergency conditions.

Manychildren stated, "The Navajo Division of Health has been put on alert status for emergencies that may arise across the Navajo Nation in the present snowfall and snowmelt conditions following the storm that is passing through for the next several days."

It is advised that people living or traveling in higher elevations monitor the weather and be prepared for adverse weather impacts.

"The most reported incidents are: injuries, cold/flu and people missing hospital appointments." Manychildren said. "To avoid injuries, motorists need to take their time, plan ahead and travel cautiously. Safety packs should be in each vehicle. These should include shovels, extra set of winter clothing, dry socks, snow boots, flashlights, snow chains, matches, blankets, non-perishable snacks such as crackers and granola bars, water and cell phones fully charged. Phone numbers should be handy including tow truck services. Travelers need to make known their destinations and whereabouts."

Manychildren said, "Many elderly get injured during winter conditions from falls on snow and ice — elderly should be accompanied to prevent injury."

It is advised that people who are shoveling snow and engaging in strenuous activities take time to warm up with exercise to avoid exertion, people are also advised to dress warmly and avoid over exposure.

The winter season and upon us, prepare for the cold months ahead to avoid unfortunate situations — drive safely.

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