

Public Spaces for Daytime Warming:

- Blue Dog RV: 181 NE Franklin Ave, Bend, OR 97701
 - 7 days a week: 7AM – 4PM, Breakfast/Lunch Served
 - Pets allowed
- Downtown Bend Library: 601 NW Wall St., Bend, OR 97703
 - Mon-Thu: 9AM – 8PM, Fri – Sun: 9AM – 6PM
- East Bend Library: 62080 Dean swift Rd, Bend, OR 97701
 - Mon – Sat: 9AM – 6PM
- Council on Aging: 1036 NE 5th St., Bend, OR 97701
 - Mon – Fri: 8AM – 4:30PM, Lunch served Wed – Fri for ages 60+
- Cascade Peer & Self-Help Center (Masonic Lodge): 1036 NE 8th St., Bend, OR 97701
 - Mon – Fri: 9AM – 2PM
 - Pets allowed
- Redmond Library: 2127 S Hwy 97, Redmond, OR 97756
 - Mon – Sat, 10AM – 6PM
- La Pine Library: 16425 1st St., La Pine, OR 97739
 - Mon – Thu: 9AM – 6PM
- La Pine Activity Center: 16405 1st St., La Pine OR 97739
 - Mon – Fri: 8AM – 4PM, Lunch served Tues – Thu
- Sisters Library: 110 N Cedar St., Sisters, OR 97759
 - Tues – Sat: 10AM – 6PM
- Sisters Park & Recreation: 1750 McKinney Butte Rd., Sisters, OR 97759
 - Mon – Thu: 9AM – 5:30pm, Fri: 9AM-12:30PM



Winter Weather Health & Safety Resource Guide

Resources:

- Crisis Line: 24/7, 541-322-7500 x9
 - 211 Information: Call 211
- Non-Emergency Line: 541-693-6911

Winter Warming Shelters

- Bend: The Lighthouse Navigation Center
 - 275 NE 2nd St #5177, Bend, OR, 97701
 - Overnight: 6PM – 7AM
 - Meals served at opening, pets allowed
- Redmond: Shepherd's House Redmond Center
 - 1350 S Hwy 97, Redmond, OR 97756
 - Overnight 6PM – 7AM
 - Meals served, pets allowed
 - Opens November 15th, 2023
- La Pine: The Door
 - 16430 3rd St., La Pine, OR 97739
 - Check-in: 5PM, closes 7AM
 - Meals served 6PM – 7PM
 - Limited capacity for pets
- Emergency operations:
 - For emergency daytime shelters during extreme weather, please contact 211 for open locations

Tips to stay warm

- Avoid cotton clothes
- Dress in loose layers, but be sure you don't sweat
- Wear outer layer of water-resistant clothes
- Avoid being in the wind if you get cold/wet
- Call 911 if someone is shivering uncontrollably, confused, drowsy, or has slurred speech while being exposed to cold, then get them warm and dry
- Place cardboard under/inside tent for insulation

Carbon Monoxide Poisoning

Signs:

- Dull headache
- Weakness
- Dizziness, confusion, blurred vision
- Nausea, vomiting
- Shortness of breath
- Loss of consciousness
- Get into fresh air immediately and seek medical care

Heating Source Safety

We do not recommend unauthorized heating sources due to safety concerns, but if you must use, safety tips are below:

- Always make sure there is good ventilation
- Always shut heat source off before leaving or before going to sleep
- Keep yourself and objects three feet away from heat source
- Don't spray any substance around heat source
- Turn heat source off if you smell anything unusual

Frostbite

Signs and Symptoms:

- Red skin and/or pain in skin exposed to cold (usually fingers, toes, ears & nose)
- White/greyish yellow skin, may also be black
- Skin that feels unusually firm or waxy
- Skin that tingles, burns, blisters or is numb

How to treat:

- Remove wet clothes, replace with dry clothes
- Do not rub the affected area
- Avoid walking on feet/toes with frostbite unless necessary
- Slowly warm area in warm water (if inside)
 - If severe, blistering may occur after re-warming
 - Do not warm with heat from fire, portable heater
- Protect area from further exposure to cold
- Don't walk on frostbitten feet
- Reduce pain with pain reliever

Seek medical care:

- If stinging, burning, swelling, blisters after re-warming, white or blue/grey skin, loss of feeling in area, skin blackens and turns hard, joints & muscles stop working, fever, cold, blotchy skin

Trenchfoot

Signs:

- Itching, pain, swelling, prickly or heavy feeling in feet
- Blotchy, soggy skin
- Blisters may be present
- Skin may be falling off
- May look red, dry or be painful when exposed to heat

Prevent/treat:

- Clean/dry feet daily
- Put on clean socks daily if possible
- Air dry and elevate feet, do not sleep with socks on if possible or only use clean dry socks on clean dry feet
- Check feet daily
- Apply heat packs to feet for 5 minutes

Seek medical care:

If conditions worsen or persist and/or signs of infection start

Hypothermia

Signs:

- Frostbite symptoms possible
- Shivering
- Exhaustion
- Confusion
- Drowsiness
- Fumbling hands
- Slurred speech
- Memory loss
- Stiff muscles
- Weak pulse

Treatment:

- Get out of cold, drink warm liquids ASAP
- Get out of wet clothes ASAP
- Share body heat with another person if outside
- Warm body's core (chest, neck, groin, head)

Seek medical care:

- If temp is 95 or below
- If you can't check temp, warm up with shared body heat and seek medical support ASAP