

Multnomah County Severe Winter Weather Outreach Resources

Contents

Before Winter Weather - How to Prepare	1
Resources for People Living Outside	
Resources for Families and Youth	
During Winter Weather	2
Transportation	
Call Centers	3

Before Winter Weather - How to Prepare

- You'll find the latest news on storms, warming centers and shelters, and learn how to stay safe at home and on the roads at [Care for When It's Cold](#) webpage.
- Visit Multnomah County's [Cold Weather Safety](#) webpage to find out more about who is most at risk during cold weather, how to identify symptoms of hypothermia and frostbite, and tips to stay warm.
- Help spread the word! [Public Alerts](#) offers 100+ safety messages about winter weather safety, carbon monoxide, frostbite, etc. As well as Audio Recordings, Illustrations, Flyers

Resources for people living outside:

- People seeking to get warm on winter days when severe weather shelters are not open are welcome in government buildings open to the public, including, for example, libraries and community centers.
 - Library hours are listed on Multnomah County Library's [website](#).
 - City of Portland community center information is listed [here](#) (drop in fees required).
- Find out more about how you can support people living outside by visiting this [webpage](#).

Resources for older adults and people with disabilities:

- Severe winter weather can be especially dangerous for older people and people with disabilities, so it's important to check in on family members and neighbors

who may be at increased risk. You can find more information [here](#) on how to help them stay safe during cold weather.

Resources for families and youth

- Infants and children are at increased risk from the cold because they lose their body heat more easily and are more likely to ignore how cold they are, especially if they're outside having fun. Be aware of the [signs of frostbite and hypothermia](#) in children. OHSU offers additional tips for sledding and cold weather safety for children [here](#).
- Young people, women and people with a family history of depression are at an increased risk for experiencing seasonal affective disorder. Visit Multnomah County's [Winter Blues](#) webpage for more information on alleviating symptoms of SAD symptoms and additional resources.
- Street Roots has published a [Winter Resource Guide](#) with information on shelters, clothing, and meals available within Multnomah County and includes resources specifically for families and children. Additional resources and services for [shelters](#), [clothing](#), [meals](#) can be found through 211.

For children in school:

- In the event of inclement weather, school districts within Multnomah County will notify affected families of changes to daily operations through one or more of the following: automated phone call, text alert, email, or push notifications through partner applications, however the method of notification may vary depending on the district or school.
 - Remind parents with school-aged children to keep their contact information updated with their school and become familiar with the school's communication procedures to ensure they receive any weather-related notifications.
 - Most school districts within Multnomah County use the FlashAlert service to send out weather-related emails and text alerts. Parents, students, and staff can sign up for the FlashAlert service [here](#).
 - [ParentSquare](#) is another website and free mobile app that some school districts use to send out weather-related notifications.
 - Portland Public Schools - opt in for text alerts by texting YES to 68453
- Alternative snow bus route information: [Centennial School District](#), [David Douglas School District](#), [Gresham-Barlow School District](#), [Portland Public Schools](#)

Other Resources:

- Prepare to stay safe in and around your house! [Winter Safety at Home](#) provides more information about heating your home safely, snow removal reminders and other important resources.
- [PGE Bill Discounts](#), by PGE offers an Income-Qualified Discount Program, providing monthly discounts between 15% and 25%. No financial documents are required to apply, just household size and average gross annual household income. Apply online or call at 503-228-6322.

Bookmark and Share these Links to Stay Informed:

- Signing up for [PublicAlerts.org](#) allows emergency response agencies to notify you via text, call or email when an emergency in your area may require you to take action.
 - Public Alerts allows you to sign up in 11 languages: English, Spanish, Vietnamese, Chinese, Russian, Somali, Romanian, Ukrainian, Japanese, Arabic, and Laotian
 - Older people and people with disabilities can call the Multnomah County Aging and Disability Helpline at (503) 988-3646 for assistance
- [National Weather Service](#): Check the forecast and plan outdoor activities for coolest times of day.
- If you often take Trimet and would like the most current information about their operations, visit the [Trimet Help Center](#) to learn how to stay up to date.
 - Multiple ways to stay current including email and text alerts, web address and digital signs at most MAX stations with updated information.
- [Aging and Disability Resource Connection](#): 24-hour information and assistance to older people, people with disabilities and caregivers. Call 503-988-3646 or email adrc@multco.us

During Winter Weather

During [cold weather](#), bodies can lose heat fast and a person may not always realize when that happens. When a person's body temperature drops, they may be unable to think clearly or move well.

If someone is shivering uncontrollably, or suffering confusion, slurred speech or drowsiness after prolonged exposure to cold, call 911 and get them warm and dry.

- You'll find the latest news on storms, warming centers and shelters, and learn how to stay safe at home and on the roads at [Care for When It's Cold](#) webpage.

- You can find signs and symptoms of hypothermia, Frostbite and some Tips to Stay Warm [here](#).
- The [Resources for Community Organizations Conducting Outreach](#) webpage includes some basic talking points and questions you can ask.
- If you often take Trimet and would like the most current information about their operations, visit the [Trimet Help Center](#) to learn how to stay up to date.
- If you see someone about whom you are concerned during cold weather (such as not being dressed for conditions), call [Multnomah County Sheriff non-emergency response line](#) at 503-823-3333 and request a welfare check. If their life appears to be in danger, call 911.

Avoid walking near downed or low-hanging power lines. If and/or when the lights go out, here's who to call:

- PGE: Report an [outage](#) ("Report an outage" link at bottom of page) or check out the [outage map](#)
- Pacific Power: Report an [outage](#) or check the [outage map](#)

Transportation

If you often take Trimet and would like the most current information about their operations, visit the [Trimet Help Center](#) to learn how to stay up to date.

- Multiple ways to stay current including email and text alerts, web address and digital signs at most MAX stations with updated information.
- When Multnomah County declares a winter weather emergency, Trimet may not require fares for riders traveling to a shelter

Call Centers

- Call 211 or visit 211info.org for the most up to date information on available resources (including energy assistance), where to find the nearest available shelter, and transportation options.
- [Aging and Disability Resource Connection](#) from Multnomah County Department of County Human Services
 - 24-hour information and assistance to older people, people with disabilities and caregivers. Call 503-988-3646 or email adrc@multco.us

Calling for Help

- [Multnomah County Behavioral Health Call Center](#) (503) 988-4888: mobile crisis response team offered through the [Project Respond](#) program operated by Cascadia Health. May be accompanied by police officers if determined by dispatcher.
- [Portland Street Response](#) 911: assists people experiencing mental health and behavioral health crises. May be accompanied by police officers if determined by dispatcher.
- [Who to Call for What](#) - a resource list published by the Joint Office of Homeless Services