

# The frigid weather can be dangerous for your health and your car

Catherine Hawley

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BALTIMORE, MD - Baltimore is bundled up. The bitter cold is sticking around, and doctors say so should the hats, gloves and winter coats.

"When you're outside for even a few minutes you can actually be at risk for frostbite especially for your fingers and toes," said Patient First Dr. Melissa Denham. "So you really want to dress warmly."

The area hasn't battled cold like this since last winter. Icy air and brutal wind can be dangerous for your health.

"Wind related injuries like wind burn, so you have to remember to keep your face covered windburn can be just as uncomfortable as sunburn," Denham said.

She adds that dressing in layers and staying hydrated are also key.

Protecting yourself from the hazardous temperatures is important, but your car can also be at risk when the mercury plummets. The freezing weather can mean auto trouble, and AAA says they're ready for whatever Mother Nature throws at us.

"With the predicted snow storms for the region we expect our calls will certainly spike over the next few days," Ragina Cooper Averella with AAA Mid-Atlantic said.

Their roadside assistance has rescued almost 26,000 drivers across the state in the last 19 days.

"The number one cause, primarily at this time of the year, are calls for service for dead batteries," said Cooper Averella. "So we certainly want to remind motorists to make sure that their cars are road ready, that their batteries are in good working order that they're corrosion free."

Drivers should check their battery, oil and tire pressure before any possible problems happen.