

COLD WEATHER HEALTH & SAFETY TIPS

PERSONAL SAFETY



- * Limit your time outdoors, no matter what your age or condition, but especially if you are in a high-risk group, such as individuals over 65 and anyone with chronic health or mobility problems.
- * Wear several layers of warm, loose-fitting clothing if you go outside, including a coat, socks, mittens or gloves.
- * Wear a hat and protect your lungs by covering your mouth with a scarf.
- * If possible, wear flat, sturdy boots or shoes with non-slip soles, because they provide more traction.
- * Try to limit going outdoors only between the hours of 10 am and 3 pm, which is usually the warmest part of the day.
- * If you are outside in the cold, limit sitting or squatting for prolonged periods of time because your circulation can be hindered.
- * Eat hot, nourishing meals and drink warm beverages to keep your body temperature up.
- * Limit outdoor activity, because extreme cold puts a strain on the heart, no matter what your age or condition.
- * Slow down your normal pace of walking on an icy surface; ask for help if someone is available to help you.
- * Limit the time an infant is in a cold room or outdoors and warm up your vehicle before taking out an infant.
- * Certain medications can increase your risk of frostbite, so consult your doctor or pharmacist.
- * Be cautious of windy days, because wind chill can increase your risk of hypothermia.

For information about the signs and what to do for frostbite and hypothermia, go to www.bt.cdc.gov/disasters/winter/staysafe/frostbite/asp