

# WINTER WEATHER WARNING

WHEN THE WEATHER IS EXTREMELY COLD, TRY TO STAY INDOORS. IF YOU MUST GO OUTSIDE, DRESS PROPERLY AND KNOW WHO IS AT HIGH RISK FOR HYPOTHERMIA OR FROSTBITE.

A SCARF THAT COVERS FACE & MOUTH

A HAT

A WATER-RESISTANT COAT

GLOVES

WATER-RESISTANT BOOTS

SEVERAL LAYERS OF LOOSE-FITTING

WHEN GOING OUTSIDE IN WINTER MAKE SURE BODY PARTS MOST OFTEN AFFECTED BY FROSTBITE ARE COVERED IN WARM, DRY CLOTHING.

NOSE

EARS

TOES

CHEEKS

CHIN

FINGERS

Know who is at high risk



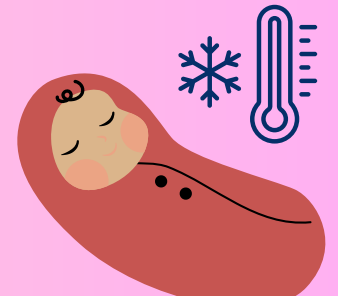
Older adults without proper food, clothing, or heating.



People who stay outdoors for long periods (homeless, hikers, hunters, etc.)



People who drink alcohol in excess or use illicit drugs



Babies sleeping in cold rooms.

