

Cold Weather Reminders

- * Stay indoors as much as possible, especially during extreme cold and high winds.
- * Check on elderly friends and neighbors often.
- * Avoid caffeine—dehydration occurs quickly in cold, dry weather. Keep well hydrated, especially when exerting yourself.
- * Cover exposed skin and be on the lookout for frostbite. Symptoms of frostbite include loss of feeling, and white/pale skin on fingers, toes, ears, and nose.
- * Keep pets indoors for protection against the cold—they are sensitive just like us!

For More Information

Concerning your health, contact your family physician or local clinic

Regarding general winter safety concerns, contact the Worcester Division of Public Health at health@worcesterma.gov or 508-799-8532

To learn more about Winter Safety, visit The Centers for Disease Control and Prevention:

<http://www.cdc.gov/Features/WinterWeather/>



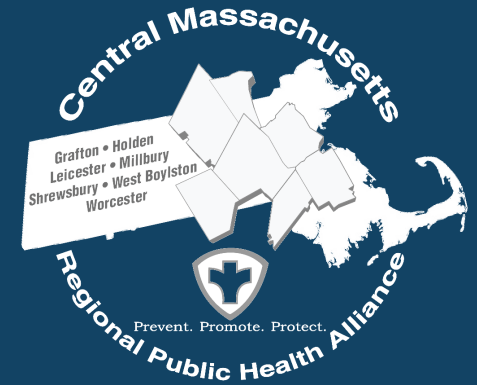
Worcester Division of Public Health/
Central Massachusetts Regional
Public Health Alliance



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™

Central Massachusetts Regional Public Health Alliance

GRAFTON · HOLDEN · LEICESTER · MILLBURY
SHREWSBURY · WEST BOYLSTON · WORCESTER



Cold Weather Safety

Dress for the weather,
stay healthy and prepare
for winter emergencies!

Updated: Nov. 2015

Dress Warmly, Stay Dry!

- * Wear several layers of loose-fitting, warm clothing rather than one layer of heavy clothing.
- * Use thermal underwear, undershirts, track suits, sweaters, snowsuits, boots, hats, gloves, and scarves.
- * Be sure that your outer layer is tightly woven and windproof.
- * Wear wool—it's a popular material for cold because it will keep you warmer than cotton when damp or wet.
- * Wear mittens over gloves—layering works for your hands as well.
- * Wear a hat and cover your mouth with a scarf to protect your lungs.



Heat Your Home Safely

- ◇ Use a fireplace, wood stove, or other combustion heaters only if they are properly vented to the outside and won't leak flue gas into the home.
- ◇ Do not burn paper in a fireplace.
- ◇ Ensure adequate ventilation if you must use a kerosene heater.
- ◇ Use only the type of fuel your heater is designed to use—don't substitute!
- ◇ Follow all special regulations for space heaters.
- ◇ Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never use generators, grills, camp stoves, or similar devices indoors.
- ◇ Keep dryer vents clear of snow and ice



Winter Travel Advice

- * Don't rely on a car to provide sufficient heat; the car may break down.
- * Always carry additional warm clothing appropriate for the winter conditions.
- * Carry an Emergency Supply Kit in the trunk of your car.



- * Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
- * Let someone know your destination, your route and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.