

Winter Weather Safety!

Cold temperatures can cause serious health problems, especially in infants, older adults, and people with chronic health problems. Know your risk and stay safe!

- Be aware of the outside temperature
- Avoid traveling when weather service issues advisories
- Stay dry
- Dress appropriately
- Check on at risk family and neighbors
- Prepare your car
- Be prepared for weather-related emergencies
- Winterize your home
- Check your heating systems
- Stock your home for emergencies including food, batteries, and first aid
- Don't forget hat, scarf, mittens, and boots!



Resources: <https://www.cdc.gov/family/minutes/tips/staywarm/index.htm>
<https://www.cdc.gov/Features/WinterWeather/>
<https://www.cdc.gov/disasters/winter/index.html>

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