In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID
When going outside is extremely cold, try to avoid it. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

- A scarf or wool hat covers face & mouth
- Mittens or gloves
- Master-resistant boots
- Master-resistant shorts

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

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