

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/>



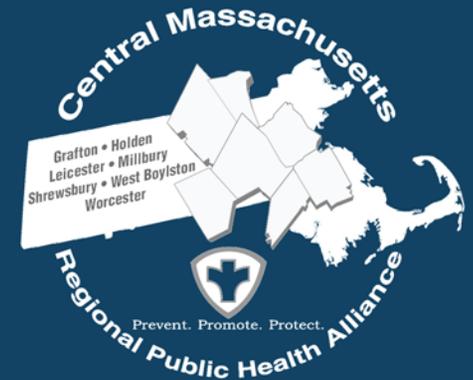
Worcester Division of Public Health/
Central Massachusetts Regional
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Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™

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Cold Weather Safety

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

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