

Due to the upcoming extremely cold weather it is recommended individuals take the necessary precautions to avoid cold-related illness and injury.

- Monitor the latest forecasts and warnings for the most up-to-date weather information.
- If you must be outside, dress in several layers of loose-fitting warm, dry clothing. Cover body parts most often affected by frostbite such as your head, including nose, ears, cheeks, and chin, as well as hands and feet.
- Keep pets indoors as much as possible.
- Make frequent checks on older family, friends, and neighbors.
- Limit time outside
- Dress in layers of loose, warm clothing
- Cover your fingers, ears, and nose when outside
- Wear well-fitting socks that wick moisture and provide insulation
- Eat regular meals and stay hydrated
- Keep moving
- Avoid alcohol if going outside

Hypothermia and frostbite can be life threatening. Emergency medical help should be called immediately.

Signs of Hypothermia:

- Shivering
- Feeling very tired
- Confusion
- Decreased coordination
- Slurred Speech

Signs of Frostbite:

- Cold, discolored skin
- Hard or waxy-looking skin
- Numbness
- Clumsiness, joint and muscle stiffness