

BE PREPARED AND PLAN FOR WINTER WEATHER BEFORE IT ARRIVES!

Winter Weather Tips



- ❄ **Watch the local news or listen to the radio for updated weather reports.**
- ❄ **Plan your day accordingly by giving yourself extra time for travel. If possible try to reschedule or postpone plans until another day.**
- ❄ **Wear layers of loose fitting lightweight warm clothing.**
- ❄ **Wear shoes with non-slip soles.**
- ❄ **Prepare an emergency kit for your car. Include a blanket, a small shovel, snacks, water, matches, first aid kit, necessary medications and any other essential items.**
- ❄ **Call and check on elderly loved ones.**
- ❄ **Watch for early symptoms of Cold Stress so you know whether to seek medical attention:**
 - **Hypothermia - Slurred speech, exhaustion, confusion, shivering.**
 - **Frostbite - Burning or Lost of feeling in fingers, toes or ears, pale and hard waxy skin turning red, purple or blue so you know whether to seek medical attention.**

