

Cold Weather Safety

Children are vulnerable to cold temperatures because they lose body heat faster than adults and are less able to regulate their body temperature.

Use the wind chill temperature to determine if it's too cold to play outside



Wind chill refers to how cold the air feels on your skin.



In 13 - 31 degrees Fahrenheit wind chill, take indoor breaks every 20 - 30 minutes.



Below 13 degrees wind chill, play inside.



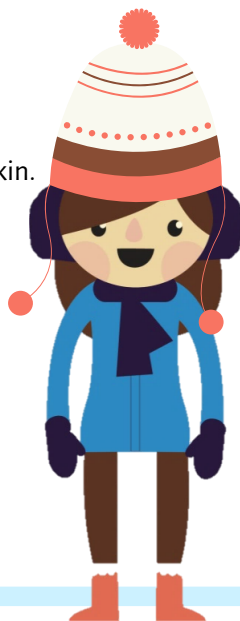
Find the wind chill by checking the "Feels Like" temperature on the weather report or your digital device.

Prevent Frostbite and Hypothermia

Minimize exposed skin to prevent frostbite. Signs include a burning sensation, numbness, and pale, gray, or blistered skin.

Hypothermia is a dangerous drop in body temperature. Symptoms can include shallow breathing, confusion, drowsiness, slurred speech, and lack of coordination.

If you see signs of frostbite or hypothermia, move indoors and change into dry clothing. In case of frostbite, place affected areas in warm (not hot) water or apply a warm washcloth. If you suspect hypothermia, call 911.



Bundle Up! Wear:

- Several layers of clothing. (One more than an adult would wear!)
- Hat that covers the head & ears
- Wind and water resistant winter coat
- Wind and water resistant mittens
- Long underwear underneath pants
- 1 - 2 pairs of thick socks
- Waterproof boots

Avoid Carbon Monoxide Poisoning

Carbon monoxide (CO) is an extremely dangerous odorless gas that can be lethal. Signs of CO poisoning include headache, dizziness, upset stomach, chest pain, sleepiness, and confusion.

Install a battery powered CO detector in your home and change batteries twice a year.

Never use charcoal, gasoline or diesel generators or heaters indoors. Position these items outside and more than 20 feet from doors and windows. Find alternate shelter if you do not have a safe source of heat in your home.



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