

Cold FAQs / Safety

- ▶ Hypothermia occurs when body temperature falls below 95 degrees Fahrenheit.
 - ▶ Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and exhaustion. **Get medical attention immediately.**

- ▶ Dress appropriately for cold weather
 - ▶ Wear several layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Remove layers to avoid sweating and subsequent chill.
 - ▶ Outer garments should be tightly woven, water repellent, and hooded.
 - ▶ Wear a hat because much of your body heat can be lost from your head.
 - ▶ Cover your mouth to protect your lungs from extreme cold.
 - ▶ Mittens, snug at the wrist, are better than gloves.
 - ▶ Try to stay dry and out of the wind.

- ▶ Avoid Overexertion
 - ▶ Your heart is already working overtime in cold weather. The strain from the cold and the hard labor of shoveling heavy snow, walking through drifts or pushing a car may cause a heart attack. Sweating from overexertion could lead to a chill and hypothermia.

