

Staying Safe in the Cold Weather

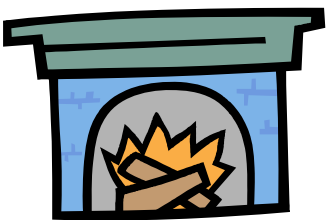
Wear layers of loose clothing. The inner layer should be cotton to keep you dry. The middle layer should be wool or another thick fabric to keep you warm. The outer layer should be windproof and waterproof.



Always cover your hands, feet, face, and head. You lose up to 40% of your body heat through your head!



If clothing becomes wet or damp, change into dry clothes as soon as possible.



Go to a warm place if you start to feel cold or numb.

Take advantage of low-cost weather proofing or "weatherizing" services for your home. This will help conserve heat during the cold months of the year.

