

Who is Most Affected by the Cold?

CHILDREN



Children lose heat from their skin more quickly than adults. Children are also less likely to take measures to protect themselves from the cold weather.

OLDER ADULTS



Physical changes that occur as people age make them more sensitive to the cold. The body of an older adult has less fat layers under the skin, poor circulation, and cannot regulate body temperature as well.

OUTDOOR WORKERS AND JOGGERS



These individuals are exposed to cold and the elements for long periods time. They are also more likely to sweat when they are working or exercising, which results in damp clothing against the skin that can draw heat away from the body.