

# Cold Weather Reminders

- \* Stay indoors as much as possible, especially during extreme cold and high winds.
- \* Check on elderly friends and neighbors often.
- \* Avoid caffeine—dehydration occurs quickly in cold, dry weather. Keep well hydrated, especially when exerting yourself.
- \* Cover exposed skin and be on the lookout for frostbite. Symptoms of frostbite include loss of feeling, and white/pale skin on fingers, toes, ears, and nose.
- \* Keep pets indoors for protection against the cold—they are sensitive just like us!

## For More Information

Concerning your health, contact your family physician or local clinic

Regarding general winter safety concerns, contact the Worcester Division of Public Health at [health@worcesterma.gov](mailto:health@worcesterma.gov) or 508-799-8532

To learn more about Winter Safety, visit The Centers for Disease Control and Prevention:

<http://www.cdc.gov/Features/WinterWeather/>



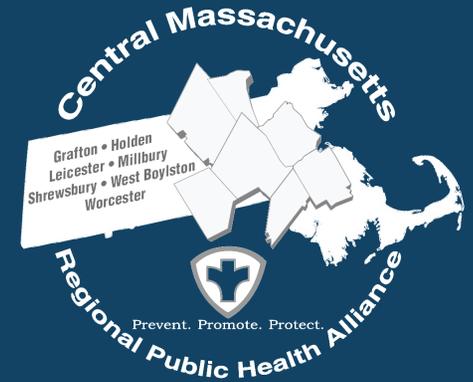
Worcester Division of Public Health/  
Central Massachusetts Regional  
Public Health Alliance



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

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# Cold Weather Safety

Dress for the weather,  
stay healthy and prepare  
for winter emergencies!

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