

## *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 Grafton Board of Health at [healthdept@grafton-ma.gov](mailto:healthdept@grafton-ma.gov) or 508-839-5335 x1153

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

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

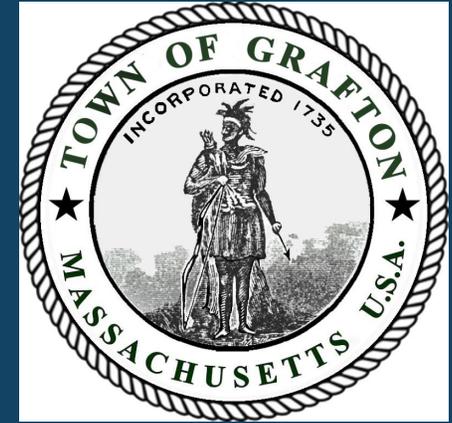


Grafton Board of Health/ Greater Grafton Medical Reserve Corps



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

## Grafton Board of Health Grafton, MA



## Cold Weather Safety

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

*Updated: Dec. 2015*

## Dress Warmly, Stay Dry!

- \* Wear several layers of loose-fitting, warm clothing rather than one layer of heavy clothing.
- \* Use thermal underwear, undershirts, track suits, sweaters, snowsuits, boots, hats, gloves, and scarves.
- \* Be sure that your outer layer is tightly woven and windproof.
- \* Wear wool—it's a popular material for cold because it will keep you warmer than cotton when damp or wet.
- \* Wear mittens over gloves—layering works for your hands as well.
- \* Wear a hat and cover your mouth with a scarf to protect your lungs.



## Heat Your Home Safely

- ◇ Use a fireplace, wood stove, or other combustion heaters only if they are properly vented to the outside and won't leak fuel gas into the home.
- ◇ Do not burn paper in a fireplace.
- ◇ Ensure adequate ventilation if you must use a kerosene heater.
- ◇ Use only the type of fuel your heater is designed to use—don't substitute!
- ◇ Follow all special regulations for space heaters.
- ◇ Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never use generators, grills, camp stoves, or similar devices indoors.
- ◇ Keep dryer vents clear of snow and ice



## Winter Travel Advice

- \* Don't rely on a car to provide sufficient heat; the car may break down.
- \* Always carry additional warm clothing appropriate for the winter conditions.
- \* Carry an Emergency Supply Kit in the trunk of your car.



- \* Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
- \* Let someone know your destination, your route and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.