With low temperatures comes a responsibility to prepare and take precautions against cold weather

- Check the weather forecast
- Adjust your schedule
- Protect pets and property
- Fill up the gas tank in your vehicle
- Dress for the outdoors even if you do not think you will be outside much
- Update your vehicle emergency kit with winter essentials such as
  - Boots / gloves / warm clothes
  - Ice scraper / snow brush
  - Tire chains
  - Jumper cables
  - Road flares
  - Cell phone charger
  - Flashlight
  - Shovel
  - Water / snacks

**Cold Water Safety**

What do I do if I fall in?
- Stay calm and control breathing.
- Minimize time in the water
- Evaluate your options
- Do not swim aimlessly because you can lose heat quickly, conserve energy and heat and await rescue.

**Hypothermia** - an unusually low body temperature. A temperature below 95 degrees is an emergency.

- Shivering
- Slow breathing
- Confusion
- Fumbling hands
- Drowsiness

**Frost Bite** - causes loss of feeling and color around the face, fingers, and toes.

- Numbness
- Skin turns red, white, or pale
- Hard or waxy-looking skin
- Clumsiness
- Blistering

**Actions:**
- Seek immediate medical attention
- Move to a warm place
- Warm the center of the body first
- Remove wet clothing if needed and cover with blankets.
- Protect from further cold
- Move to a warm place
- Take a warm, not hot, bath
- Do not massage the area or walk if feet are frost bitten