



STAY WARM THIS WINTER

Exposure to extreme cold weather can be harmful to your health. Follow these tips to stay warm, dry and healthy this winter.

DRESS IN LAYERS

Wear warm hats and mittens, waterproof and windproof outer layers, and waterproof boots.



WARM UP

If outdoors during colder weather, take regular breaks in heated buildings such as libraries and malls.

COVER EXPOSED SKIN

Cover as much exposed skin as possible to prevent frostbite.



CHECK ON OTHERS

Check on (e.g. call/text) family, friends & neighbours – especially seniors living alone – to make sure they're staying warm.

STAY DRY

If you get wet, change into dry clothing as soon as possible to prevent hypothermia.



STAY ACTIVE & SAFE

Wear comfortable boots with a wide, low heel and bright-coloured clothing in snowy weather. Tell friends & family where you will be going for outdoor activities.

PLAN AHEAD

Check the weather report. Limit time outside or reschedule outdoor activities if severe weather is forecast.



WATCH OUT

If you see someone outside in need of help due to extreme cold weather, call 311. In an emergency, call 911.