

# STAY WARM THIS WINTER



## DRESS IN LAYERS

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



## COVER EXPOSED SKIN

Cover as much exposed skin as possible to prevent frostbite.



## STAY DRY

Change into dry clothing immediately if you get wet to prevent hypothermia.



## PLAN AHEAD

Check the weather report. Limit outdoor activities or reschedule if severe weather is forecasted.



## WARM UP

Take regular breaks in heated buildings.



## CHECK ON OTHERS

Check on family, friends, and neighbours, especially seniors living alone, to ensure they stay warm.



## BE SAFE WHEN ACTIVE

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.



## WATCH OUT

If you see someone in need due to extreme cold, call 311. For emergencies, dial 911.

