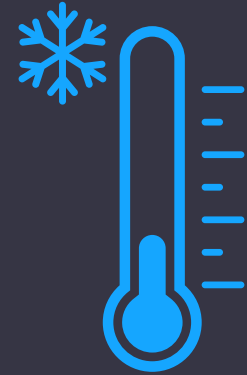


Extreme Cold Safety



General Info

- Minimize travel
- Stay indoors during the coldest hours
- Keep a winter survival kit in your vehicle (*page 4 of linked CDC guide*) if you must travel
 - Check tire pressure, antifreeze levels, heater, etc.
- Learn how to shut off water valves for potential pipe bursts
- Check on the elderly
- Bring and keep pets inside

Dressing for Cold Weather



- Wear layers of loose-fitting, lightweight, warm clothing, and a hat
- Mittens, snug at the wrist, are better than gloves
- Cover your mouth to protect your lungs from extreme cold
- Try to stay dry and out of the wind

<https://www.cdc.gov/disasters/winter/pdf/extreme-cold-guide.pdf>

<https://www.weather.gov/bgm/outreachExtremeColdSafety>



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