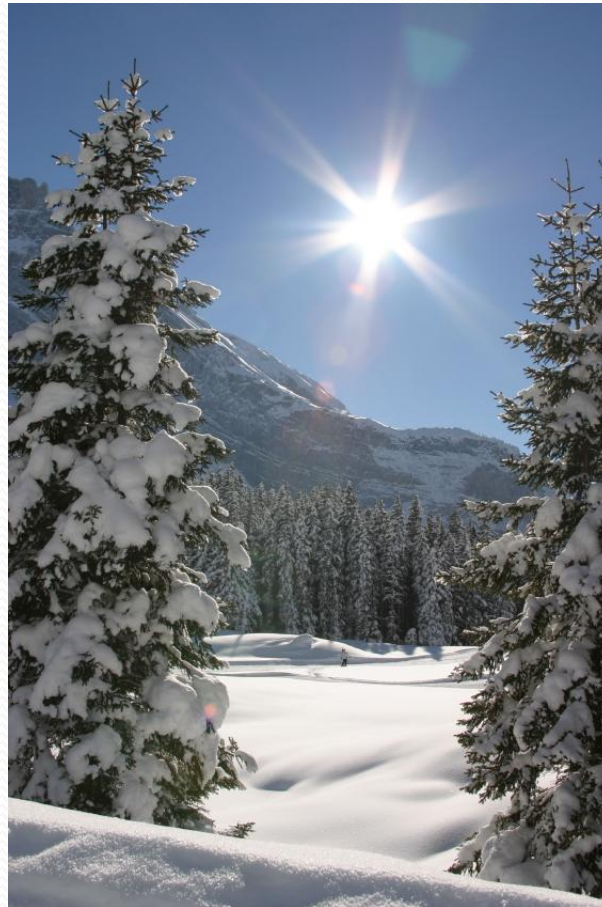


Staying Safe and Healthy in Cold Weather

Greater Nashua Public Health

City of Nashua Division of Public Health & Community
Services

Winter is Beautiful!



But it can also be dangerous...



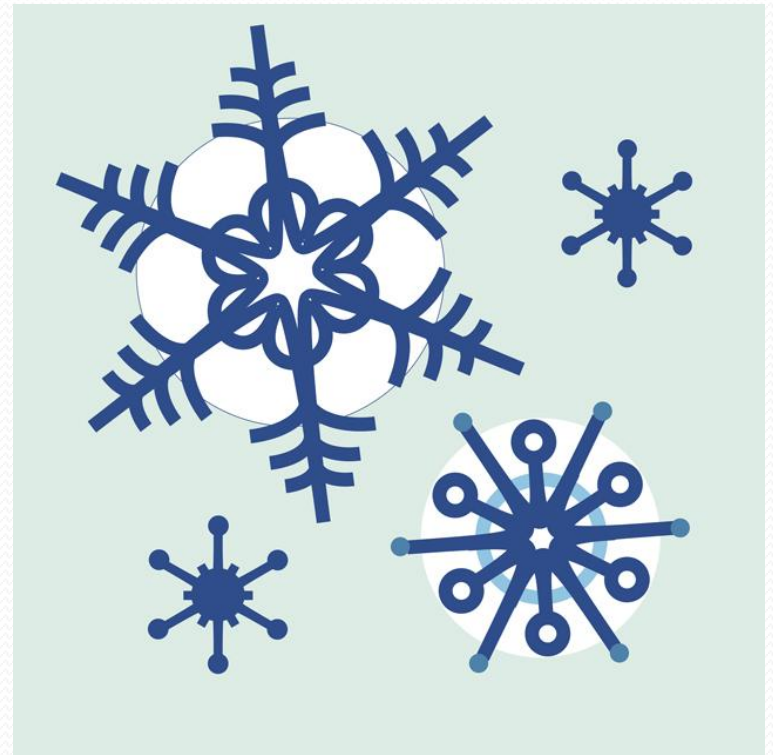
- Power Outages
- Icy roads
- Frozen pipes

Health Risks During Winter:

- Exposure to cold temperature can cause other serious health problems.
- When temperatures drop below normal, heat can leave your body more rapidly.
- Increased risk of fires and carbon monoxide poisoning (from space heaters and fireplaces).
- Slips and falls.

Remember to Dress Warmly!

- Dress in layers of loose-fitting clothing
- Wear gloves (or mittens) and a hat to prevent loss of body heat.
- Wear warm, waterproof boots
- Cover your mouth to protect your lungs.



If you are working (or playing) outside:

- If you have to do heavy outdoor chores, dress warmly and work slowly.
- Avoid walking on ice or getting wet.
- Notify friends and family where you will be before you go walking, hiking, camping, or skiing.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- If you are stranded, stay in your car.

More Information....

- Division of Public Health & Community Services
589-4560
- American Red Cross
www.RedCross.org
- Ready New Hampshire
www.NH.gov/ReadyNH