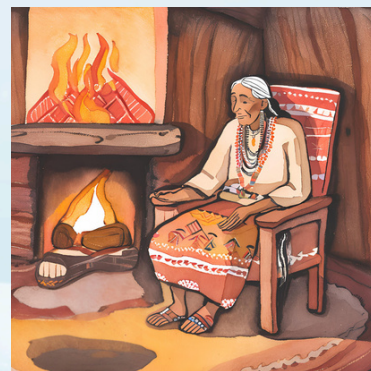


Stay Safe During Cold Weather

- Keep extra blankets, sleeping bags, and warm coats.
- Have flashlights and batteries ready.
- Stock enough wood, pellets, or propane for heat.
- Dress in layers before going outside.
- Store plenty of food and water.
- Eat healthy foods and avoid alcohol.
- Let someone know where you are going if you travel.

Hypothermia and Frostbite

- Hypothermia can happen in very cold weather.
- Watch for frostbite - numb skin is a warning sign.
- Do not ignore shivering - it means you're losing heat.
- Know your local emergency numbers.



For life-threatening conditions, call 911

