

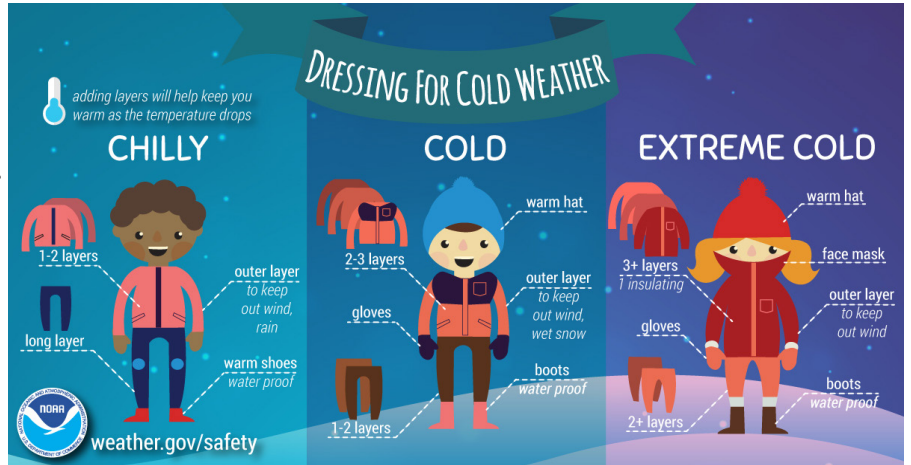
# STAY WARM

HERE ARE SOME BASIC TIPS TO STAY WARM THROUGH THE WINTER

## 1. STAYING WARM

### IF YOUR HEAT GOES OUT

- ❑ **Close off unneeded rooms** to avoid wasting heat.
- ❑ Stuff towels or rags in cracks under doors.
- ❑ **Close blinds or curtains** to keep in heat.
- ❑ **Eat and drink.** Food provides the body with energy for producing its own heat. Drinks lots of water and other non-caf-feinated, non-alcoholic drinks to prevent dehydration. Cold air is very dry.
- ❑ **Wear layers of loose-fitting, light-weight, warm clothing.** Remove layers to avoid overheating, perspiration & subsequent chill.
- ❑ Keep warm with blankets at night.



## 2. DO IT YOURSELF (DIY) WINTERIZATION

- ❑ Cover doorways with a **draught stopper**



- ❑ **Rugs** can minimize heat loss through floors
- ❑ During daylight, keep curtains on south & west windows open to **let in the winter sun**. Close them to retain heat during the night
- ❑ If you use the **oven, after you turn it off**, leave it open.  
\*Do not use an oven just for heat, since leaving it on could lead to carbon monoxide poisoning.

- ❑ **Insulate your windows:**
  - Bubblewrap: Spray water across the window and stick bubble-side down across the glass.
  - Shrink-to-fit plastic: Properly size the film, leaving a few inches. Clean the window frame. Apply adhesive and then film around the frame. Use the hair dryer to tighten the film.
- ❑ Put your **ceiling fan on reverse** to lift up colder air and push down warmer air.
- ❑ Use **draught-sealing tape** to block ceiling vents and internal doors
- ❑ **Insulate electrical outlets** with small foam cut-outs

## 3. WATCH OUT FOR HYPOTHERMIA & FROSTBITE

### HYPOTHERMIA

#### SYMPTOMS

#### Adults:

- ❑ Shivering, exhaustion,
- ❑ Drowsiness, confusion, memory loss,
- ❑ Slurred speech, fumbling hands



#### Infants:

- ❑ Bright red, cold skin, very low energy.

### FROSTBITE

#### SYMPTOMS

At the first signs of redness or pain, get out of the cold—frostbite may be beginning.

- ❑ A white or grayish-yellow skin area
- ❑ Numbness
- ❑ Skin that feels unusually firm or waxy



A victim is often unaware of frostbite because the frozen tissues are numb.

Take the person's temperature. **If it is below 95°, get medical attention immediately.**

#### Begin warming the person:

- ❑ Get the victim into a **warm room** or shelter.
- ❑ **Remove any wet clothing.**
- ❑ **Warm the center of the body** first—chest, neck, head, and groin—using an electric blanket if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- ❑ **Warm beverages** can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- ❑ After body temperature has increased, keep the person **dry and wrapped in a warm blanket**, including the head and neck.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided and continue while the victim is being warmed, until the victim responds or medical aid becomes available.

#### WHAT TO DO

If you detect symptoms of frostbite, seek medical care. Also check for symptoms of Hypothermia. While waiting for medical care:

- ❑ **Get into a warm room** as soon as possible.
- ❑ Unless absolutely necessary, **do not walk on frostbitten feet or toes.**
- ❑ **Immerse the affected area in warm**—not hot—**water** (the temperature should be comfortable to the touch for unaffected parts of the body). Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- ❑ **Do not rub the frostbitten area** with snow or massage it at all. This can cause damage.
- ❑ Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. **Affected areas are numb and can be easily burned.**

These procedures are not substitutes for proper medical care. Frostbite should be evaluated by a health care provider.

#### WHAT TO DO