

PROTECTING YOUR FAMILY FROM WINTER WEATHER

Stay healthy in winter weather with these simple steps!

THE WINTER WEATHER AND HEALTH CONNECTION

In Wisconsin, winter conditions cause an average of 50,000 vehicle crashes and 45 deaths each year.

Freezing temperatures, wind chills, and dangerous weather can cause hypothermia, frostbite, and even death.

Take these important steps to protect your health and that of your family in winter weather.

WAYS TO PROTECT YOURSELF

- **Make an emergency supply kit.** Important things to include in your kit: three-day supply of food and water, cell phone and charger, flashlight and batteries, first aid kit, extra cash, NOAA weather radio, and a change of clothes.
- **Safely use alternative sources of heat.** Never use electric generators, grills, or other gasoline, propane, natural gas, or charcoal-burning devices indoors, as these may cause carbon monoxide poisoning.
- **Have essentials in your car.** An emergency kit for your car is important in case your car stalls in winter weather. This could include: first aid kit, windshield scraper, booster cables, shovel, bag of sand (for traction), and blankets.

COLD WEATHER TIPS

Seek a warming shelter.



Pro tip: Call 211 to find the warming center closest to you. Text SHELTER and your zip code to 43362 to find the nearest shelter.

Check on your neighbors.



Pro tip: People who live alone, the elderly, and children are more likely to be harmed by the cold.

Know the symptoms of hypothermia.



Pro tip: Symptoms include shivering, exhaustion, confusion, and slurred speech. If you have been exposed to extreme cold and have these symptoms, call 911 or see your doctor.

For more tips, view the full toolkit at:

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