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YOUTH HEALTH BULLETIN

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BE SAFE AND ENJOY THE SNOW



This time of year, you may wake one morning to find that you will not be going to school because of snow! Having snow on the ground can be a lot of fun. There are many things you can do outside, such as building a snow fort or a snowman. But, before you go running outside to enjoy the winter white, make sure you are being safe!

Dress in many layers

Being outside in the wintertime does not have to mean you will be cold. If you dress properly there is no reason that you cannot enjoy the snow. The best way to dress is to put on many layers of clothing. The benefit of having lots of layers is that as you run around outside and as you warm up you can take off a layer as needed.

Depending on how cold it is outside, there may be some days when you need more layers than others. If you think you will be cold, you are better off to put on extra layers. You can always take them off later if you get too warm.

Continued on the back →

CONTINUED FROM PAGE 1

How to layer:

- **For your top** – Start with a warm, long-sleeved undershirt such as a thermal shirt. Next put on a turtle neck, and then 1 to 2 more shirts, a sweater and a coat. You can adjust your layers to suit the weather outside.
- **For your bottom** – You will want to layer on the bottom too. If you have a pair of thermal pants put those on first and then layer on another pair of pants. If you have waterproof pants those would work best to help keep you dry and warm. Pants such as jeans and khakis are not good at keeping you warm. In fact, if you fall down and get jeans or cotton pants wet, you will end up colder because they will stay wet!
- **Other important layers** – Do not forget to layer your socks and if you have some waterproof shoes wear those as well. Sneakers tend to get very wet and your feet could get cold in a hurry.

Do not forget that you will need a hat for your head! A hat will help to keep you warm. Other items that will help you stay warm are be scarves, earmuffs and gloves. Have you ever worn two pairs of gloves?



It may take a little time to get ready to go outside, but it will be worth it to be able to play in the snow!

Drink something warm

Drinking something warm, like hot chocolate will help warm you up from the cold and keep you from becoming dehydrated. No matter what you drink, it is a good idea to drink something as soon as you get in from playing in the snow.



Listen to your body

When you are playing outside you may not realize that you are getting too cold. If you are starting to shiver or your teeth are chattering — it is time to go inside. If you start to feel tired or dizzy, that is also a sign that you should head inside right away.

Being outside when there is snow on the ground can be a lot of fun. Make sure you are being careful and staying safe by layering your clothes, listening to your body and drinking something after coming inside.

REFERENCES:

- Nemours KidsHealth. How to be safe in ice and snow. February 2011.

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