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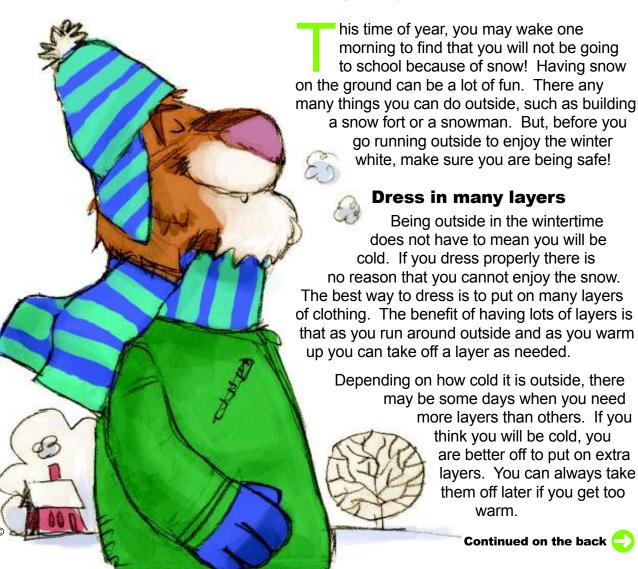
YOUTH HEALTH BULLETIN



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BE SAFE AND ENJOY THE SNOW











CONTINUED FROM PAGE 1

How to layer:

- For your top Start with a warm, longsleeved 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.

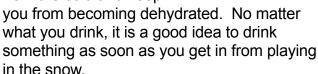
Do not forget that you will need a hat for your head! A hat will help to keep you warm. Other items that will help you stay warm are be scarves, earmuffs and gloves. Have you ever worn two pairs of gloves?



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





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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