

# Youth Health Bulletin



**JANUARY 2016**

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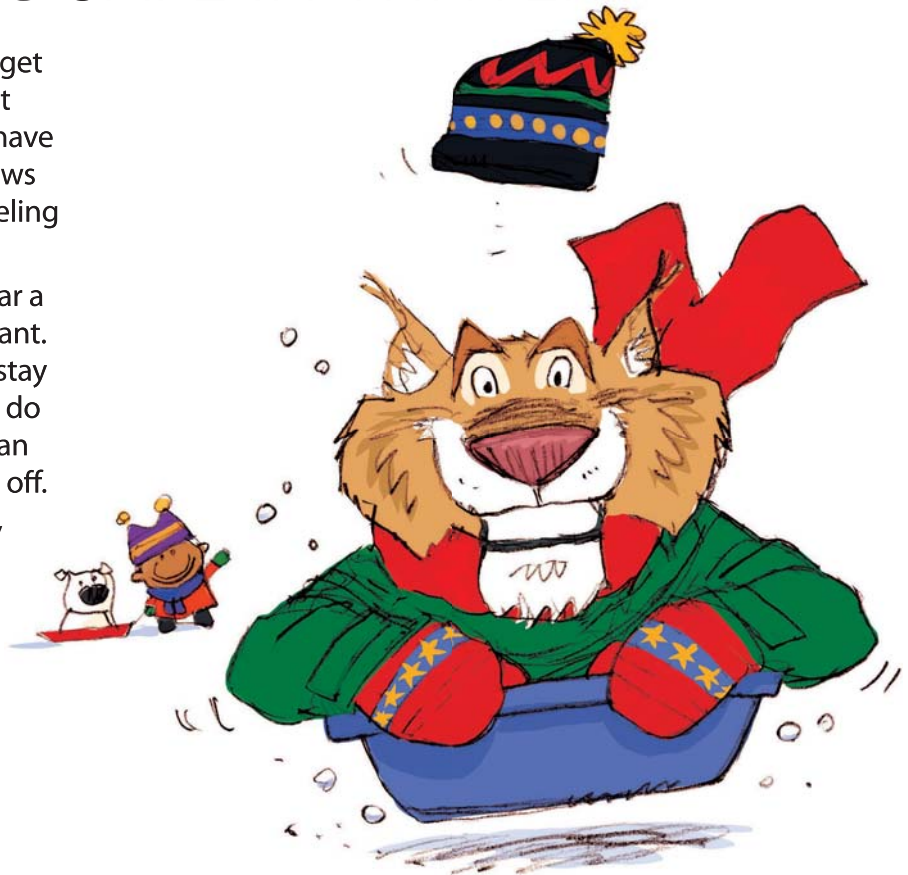
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## THIS MONTH'S TOPIC: STAYING SAFE IN WINTER

**W**ally Cat loves the snow! He loves to get outside and build snow cats, dig out igloos and even go sledding. He loves to have a good time in the winter. But he also knows that it is important to be safe and keep feeling good while being out in the cold.

It may be a little uncomfortable to wear a bunch of layers of clothes, but it is important. Having many layers on is the best way to stay warm when you are out in the cold. If you do not know how many layers to wear, you can put on lots, and if you get warm, take one off. But remember, even if you take off a layer, you should always keep your coat on.

The number of layers depends on how cold it is, but you should start with a base layer, a turtleneck, one or two



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# If you start to chatter your teeth or you are shivering, that is your body telling you to take a break from the cold and go inside.

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shirts, then add a sweater and a coat. Look for shirts that are not 100 percent cotton because cotton does not do a good job of keeping you warm.

For your lower body, make sure you wear heavy pants; you may even layer two pairs of pants. Try to avoid jeans because they do not do a good job of keeping the legs warm. Actually, if you are wearing jeans and you get them wet, they hold the wetness and make you colder. Waterproof pants really are the best choice.

For feet, a few pairs of socks are helpful. Waterproof boots will keep your feet drier. Having good treads on the shoes is important if you will be walking around in the snow or on the ice. You do not want to slip on the snow and ice.

For your head, make sure you are wearing a hat. You will stay much warmer with a hat on your head than without one. Did you know that some of your body heat escapes through the top of your head? Earmuffs also can be very helpful if your hat does not cover your ears.

Do not forget your gloves and/or mittens! If you will be digging in the snow, waterproof gloves are needed. If you have soft cotton gloves, the wet snow



will quickly get to your fingers. You want your fingers to stay warm and dry. Keeping your hands warm and dry is important because fingers are very sensitive to the cold.

When you are out in the snow and having a good time, you may have trouble listening to your body. But you can feel very yucky if you get too cold. If you start to chatter your teeth or you are shivering, that is your body telling you to take a break from the cold and go inside. It is important to watch out for your friends and family too. If you notice their teeth chattering or they are shivering, go ahead and suggest that everyone go inside for a while. Once everyone is warmed up you can always go back out.

It is easy to stay safe in the snow and cold. Be like Wally Cat and make sure to layer your clothes, wear your hat and gloves or mittens. Also, make sure you take some breaks from the cold and warm up. Maybe you can have a cup of warm milk or cocoa.

#### REFERENCE:

- Nemours KidsHeath  
[http://kidshealth.org/parent/question/general/winter\\_clothes.html](http://kidshealth.org/parent/question/general/winter_clothes.html)
- [http://kidshealth.org/kid/watch/out/winter\\_safety.html](http://kidshealth.org/kid/watch/out/winter_safety.html)

Youth  
Health Bulletin

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