

### **Cold Weather Safety Tips!**

When your body temperature gets very low you can suffer from Hypothermia. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, and liver damage. Here are some cold weather safety tips to follow.

- Set your heat to at least 68–70°F. Keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you stay warm.
- Alcoholic drinks can make you lose body heat, so drink in moderation.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. However, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. Be sure to use with caution and follow the manufacturer's instruction manual to make sure you are using it correctly.