

KEEP WARM, BE HEALTHY

(Adapted from NJDOH Environmental Health Service bulletin and FEMA safety tips for Winter Storms)

AVOID OVEREXERTION

Every winter unnecessary deaths occur because people, especially older persons, but younger ones as well, engage in more strenuous physical activity than their bodies can stand. Cold weather itself, without any physical exertion puts an extra strain on your heart. If you add to this physical exercise, especially exercise that you are not accustomed to such as shoveling snow, pushing an automobile, or even walking fast or far, you are risking a heart attack, a stroke or damage to your body.

Too much exposure to the cold or exposure to too much cold can be hazardous to your health! Cold temperatures can cause hypothermia, frostbite, chilblains or trench foot. To prevent such potentially serious conditions, the Department of Health recommends:

- Maintain home temperature at no less than 68 degrees F.
- Keep warm clothing such as hats, gloves, socks, boots and scarves available at work and in your car.
- Keep a blanket and easily stored, high-energy food such as nuts and candy in the car, too.
- Wear clothing in layers, which are warmer than a single thick layer.
- Replace wet clothing with dry as quickly as possible
- Take breaks to warm up when working outside in the winter or in an unheated workplace.
- Remember to check on elderly relatives and neighbors.



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