

# Tips To Keep Kids Safe On Snow Days

## Hypothermia



Hypothermia happens when the body loses heat faster than producing it.

### Symptoms include:

- uncontrollable shivering
- confusion
- clumsiness
- drowsiness
- nausea
- slurred speech
- cold and pallid skin
- weak pulse
- loss of consciousness

If you think someone is experiencing the symptoms of hypothermia, **IMMEDIATELY CALL 9-1-1** or go to the closest emergency room. In the meantime, bring the affected individual indoors, **REMOVE** wet clothing, and **WRAP** in warm blankets. **NEVER** place direct heat, such as hot water, on the affected individual.



## Frostbite



Frostbite happens when the body's tissues freeze.

### Symptoms include:

- blisters
- decreased sensation
- pain
- numbness
- tingling
- shiny skin
- hardness of the ears, nose, cheeks, fingers, and toes

If you notice signs of frostbite, **CALL THE DOCTOR IMMEDIATELY**. In the meantime, place cold body parts against warm body parts for natural heat or **RUN WARM (NOT HOT)** water over the affected area.



## Take Breaks



**MAKE SURE** children change out of wet, damp, and snowy clothing and shoes before heading back out to play.



**CHILDREN SHOULD EAT** a well-balanced meal before heading out to play to keep their energy levels in check.



**PLAYING OUTSIDE** in the snow and breathing in cold air can cause dehydration. Make sure children drink plenty of water and warm liquids throughout the day.



**KEEP CHILDREN INSIDE** when there are snowplows or snow blowers at work. Snow Plows can injure or accidentally bury children in snowbanks if they can't see them playing outside.