Cold Weather Safety

Did you know?
Outdoor winter play can be healthy and fun. Learn how to keep your family safe outdoors in cold weather.

Action Plan

- **Keep children warm and dry** by dressing them in:
  - Layers (add one more layer than an adult would wear)
  - A hat that covers the head and ears
  - Wind and water-resistant coat and mittens
  - 1-2 pairs of thick socks and waterproof boots

- **Use the wind chill**, which is how cold the air feels on your skin, to determine if it’s safe to play outside.
  - In wind chill temperatures between -15-31° F (-26-0°C), take indoor breaks every 20-30 minutes.
  - Play indoors in wind chill below -15° F (-26°C).

- **Know the signs of frostbite**: burning sensation, numbness, pale, gray, or blistered skin. Prevent frostbite by keeping skin covered.
  - If you suspect mild frostbite and the skin is intact, move indoors and put skin under warm (not hot) water or a washcloth.
  - If skin is pale, gray, or blistered, call 911 or go to the emergency room.

- **Know the signs of hypothermia**, a dangerous drop in body temperature. Move indoors and call 911 if you observe:
  - Shallow breathing, confusion and lack of coordination
  - Shivering (may stop if hypothermia becomes severe)
  - Drowsiness and slurred speech

Resources

Get your local forecast and wind chill temperature at [weather.gov](http://weather.gov).

For more cold weather advice visit:
- [health.ny.gov](http://health.ny.gov) and search “Cold weather advice.”
- [nyc.gov/doh](http://nyc.gov/doh) and search “Cold weather.”

For more information, visit [nyscheck.org/rxs](http://nyscheck.org/rxs)