



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

[more](#) →

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Resources

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

For more cold weather advice visit:

- health.ny.gov and search "Cold weather advice."
- nyc.gov/doh and search "Cold weather."

For more information, visit nyscheck.org/rxs

