



# 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

- Although the climate is warming, climate change also makes extreme cold weather events more likely.
- **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
- **Remember wind chill**, which is how cold the air feels on your skin, can make non-freezing temperatures still be a risk for frostbite.
  - If wind chill is below freezing (<32° F (0°C), cover cheeks and fingers and take indoor breaks at least every 20-30 minutes.
  - Stay 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:

[more](#) →



- 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](https://www.weather.gov) and <https://www.weather.gov/bou/windchill>.

For more cold weather advice visit:

- [health.ny.gov](https://health.ny.gov) and search "Cold weather advice."
- [nyc.gov/doh](https://nyc.gov/doh) and search "Cold weather."

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



The logo for the Center for Environmental and Estuarine Science (Chesapeake Biological Laboratory) at the University of Maryland System. It features a stylized wave icon above the text.

The Transdisciplinary  
Center on Early  
Medicine at  
Mount  
Sinai

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The logo for New York State Children's Environmental Health Centers, featuring a stylized 'N' and 'Y' in blue and red.

New York State Children's  
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