



STATE OF WISCONSIN

DEPARTMENT OF MILITARY AFFAIRS

DIVISION OF EMERGENCY MANAGEMENT

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Are You Ready for Cold Weather?

ReadyWisconsin has tips to keep you warm and safe this winter

(MADISON) – There's one thing you can count on during a Wisconsin Winter, once the snow comes through - chilly weather is sure to follow. Be ready for the cold with these tips from Ready Wisconsin:

Frostbite

Did you know frostbite can occur in 15 minutes or less if you're standing outside in wind chills of -20 degrees? Frostbite damages body tissue causing a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear tips, and nose. If you have these symptoms seek medical help right away.

Hypothermia

This is a deadly condition. Your body temperature drops below 95 degrees. Warning signs include uncontrollable shivering, disorientation, slurred speech and drowsiness. Again, seek medical care immediately.

Dress for the Weather

- Wear several layers of loose fitting, lightweight warm clothing rather than one layer of heavy clothing. The outer layer should be tightly woven and water repellent.
- Mittens are warmer than gloves.
- Wear a hat. Most of your body heat is lost through your head.
- Cover your mouth with a scarf to protect your lungs.
- Keep dry. Change wet clothing to prevent a loss of body heat.

Overexertion is Dangerous

Cold weather puts an added strain on your heart. Activities like snow shoveling or pushing a car can bring on a heart attack or make an existing condition worse. So take it easy!

Pet Safety

Wipe off your dog's legs and stomach when coming inside from a walk. Dogs can digest salt, antifreeze or other potentially dangerous chemicals while licking their paws. Paw pads may also bleed from snow or encrusted ice.

More tips on how to keep you and your family safe this holiday season, go to <http://ReadyWisconsin.wi.gov>

ReadyWisconsin is a campaign from Wisconsin Emergency Management with a mission to prepare individuals, families and businesses for emergencies and disasters. For additional winter safety tips, visit <http://ReadyWisconsin.wi.gov> or follow us on Facebook (www.facebook.com/ReadyWisconsin) and Twitter (www.twitter.com/ReadyWisconsin).

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