

## SENIORLINK NEWSLETTER

### *COLD WEATHER TIPS*

**The following tips are recommended for protection against cold-related illnesses winter months.**

**DO:**

- ◆ Keep your home at least 68 degrees during the day and 63 degrees at night.
- ◆ Wear layers of warm, dry clothing, including a head covering and gloves if you have to go outside.
- ◆ Drink warm non-alcoholic beverages such as tea, coffee, hot chocolate, soup.
- ◆ Maintain nutrition and get plenty of rest.
- ◆ Ask your doctor if you need to make changes to daily medication when exposed to cold temperatures. Some medications may lower cold tolerance.
- ◆ Talk to your doctor about getting a flu shoot every year if you are 65 or older, disabled, or have a chronic illness.
- ◆ Be aware that space heaters can be a fire risk. Follow directions for safe use.
- ◆ Keep in contact with your families and friends.

**DON'T:**

- ◆ Use an oven or charcoal grill for heating the room.
- ◆ Go outside unless absolutely necessary.

**IF YOU NEED EMERGENCY MEDICAL ATTENTION**

**CALL 911 IMMEDIATELY.**

