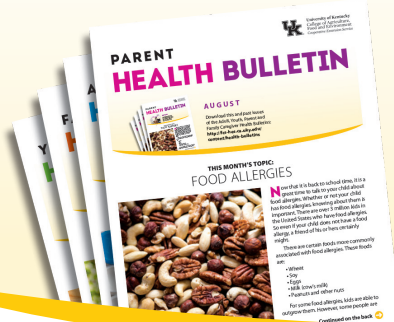


PARENT HEALTH BULLETIN



NOVEMBER 2022

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

BE READY FOR WINTER WEATHER



With upcoming holidays and the business that comes with it, preparing for impending cold weather can fall to the bottom of the to-do list. However, the onset of winter will not wait for people to be prepared. Extreme weather conditions and events, like extremely low temperatures, can threaten family's lives and disrupt infrastructure critical to well-being. Power-outages due to cold weather can create even more challenges for staying safe and warm. Below are some winter safety tips to help families and children stay safe, whether you and your children are staying indoors or taking part in outdoor winter activities.

Indoor heating awareness

- **Use caution around fires.** Wood-burning stoves, fireplaces, and outdoor firepits are cozy but can present danger — especially to small children. Use caution and set up protective gates when

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possible. If you have lost power or heat and are using alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

- **Keep hydrated.** In drier winter air, or indoor air warmed by dry heat, children lose more water through their breath and skin. Offer plenty of water, and try giving warm drinks and soup for extra appeal. Use lotion, lip balm, or other moisturizer to protect skin and prevent dryness or cracking.

Dress for the weather

- **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, hands, and feet are covered. Dress babies and young children in one more layer than an adult would wear.
- **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
- **Check babies' and small children's hands and feet regularly for extreme cold.** Check to prevent loss of blood flow from lint or hair wrapped around children's fingers or toes that may have become trapped in the seams of socks or mittens.

When heading outdoors

- **Check-in to keep warm.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
- **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited because of snowbanks and ice on the roads making braking difficult.
- **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun reflects off the snow, so apply sunscreen to exposed areas.
- **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding,



or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.

- **Watch for danger signs.** Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 911 immediately.

Upcoming holidays are a good time to invest in winter clothing for children who may have grown since last year, including items such as a warm coat, hat, mittens or gloves, and boots. If you find outgrown or unneeded winter items in your home preparing for the upcoming season, consider donating those to a community resource that can make those items available to others in need.

REFERENCES:

- <https://www.savethechildren.org/us/charity-stories/cold-weather-tips>
- <https://www.childhoodpreparedness.org/post/winter-preparation-and-safety-tips-for-parents-and-children>

ADULT
HEALTH BULLETIN

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