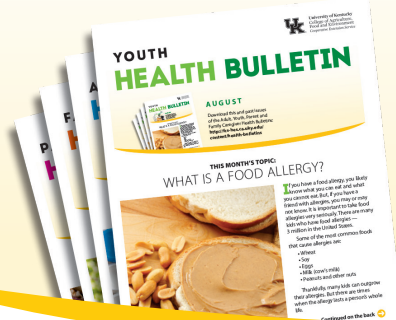




YOUTH HEALTH BULLETIN



NOVEMBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
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THIS MONTH'S TOPIC:

BE WINTER READY

Winter will be here soon. And so will all of the fun things you can do in cold weather and snow! But before you can build a snowman or go sledding, it is important to stay safe and healthy in the cold.

Bundle up

Check now to make sure you have winter clothes that fit. When you go outside in the cold, you need to wear lots of clothes. Start with a tighter, thin layer of long-sleeved shirt and pants close to your skin. Then add thicker, looser layers on top. If it is wet, snowy, or windy outside, make sure your top layer is waterproof or water-resistant, so that you do not get soggy. Do not forget a hat, gloves, and boots to keep your head, hands, and feet warm, too. If your winter clothes from last year are too small, ask your parent or caregiver to get new ones before the weather gets cold.

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Know the risks

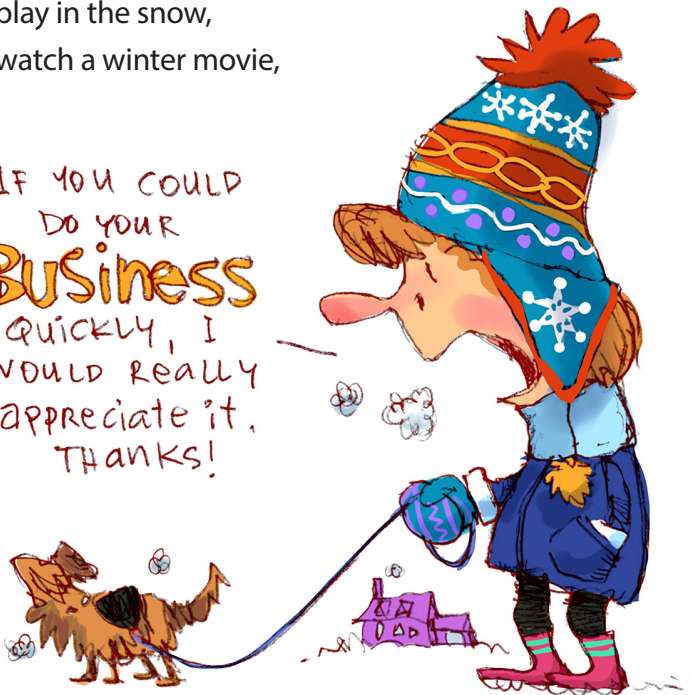
Low temperatures, wind, ice, sleet, and freezing rain can be dangerous for your skin. Frostbite is what happens if your skin freezes. Hypothermia is a sickness that happens when your body is too cold to be healthy and work properly. You can avoid both by dressing warmly and taking breaks from playing outside in extreme cold. If your clothes get wet, change into dry clothes to keep you warmer.

Make a winter bucket list!

Sit down with your family, or by yourself, and make a list of winter activities that you would like to do this season. You might not be able to do every idea. But it is a good idea to have a list of things to do when the weather gets cold and you feel like you have nothing to do. Include inside and outside ideas. Think of things to do with others and by yourself. You could include ideas like:

- make hot apple cider or hot tea,
- play in the snow,
- watch a winter movie,

IF YOU COULD
DO YOUR
Business
QUICKLY, I
WOULD REALLY
APPRECIATE IT.
THANKS!



HELP A NEIGHBOR. WALK THEIR DOG.



- make paper snowflakes,
- play a board game with family, or
- go ice-skating with a friend.

How can you help?

As much fun as the winter can be for kids, others might have a hard time. Think about a family member, neighbor, or friend who could use help during the winter with jobs such as shoveling snow, taking care of pets outside, or carrying in groceries. Make a plan now so you can offer to help when it gets cold. Your plan should include how to reach that person, how you can help, and what kind of supplies you will need.

REFERENCES:

<https://www.ready.gov/kids/disaster-facts/winter-weather>

ADULT
HEALTH BULLETIN

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