

Winter Weather Safety

STAY ACTIVE AND SAFE:

Start all activities slowly.

Get used to the temperatures.

Wear warm layers, hats and gloves.

Wear appropriate footwear with grip soles.

Be aware of temperature changes.

Watch your footing, use caution around ice.

Be sure to hydrate.

For more information please visit:
[weather.gov/safety/winter](https://www.weather.gov/safety/winter)

