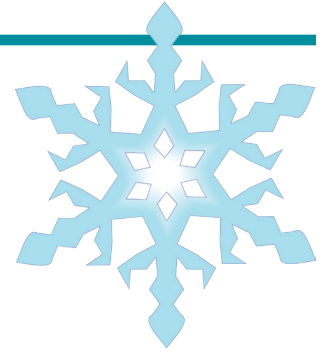


# Surviving the Winter: Safety Tips for Adults



- \* Get a flu shot, you win the flu battle when you get a flu shot because you avoid getting sick.
- \* Wear layers or light clothes to keep you comfortable and warm; you may need the following items:
  - hat
  - scarf
  - knit mask to cover face and mouth
  - sleeves that are snug at the wrist
  - mittens (they are warmer than gloves)
  - water-resistant coat and boots or shoes
  - socks and thermal undergarments

- \* Pace your footsteps to go with your energy level; do not walk too fast.
- \* Eat well, for example a vegetable soup can keep you warm and healthy.
- \* Avoid alcoholic or caffeinated beverages - they cause your body to lose heat quickly.
- \* Drink warm beverages or broth to help maintain your body temperature. If you have any dietary restrictions, ask your doctor to guide you on what is appropriate for you to eat.
- \* Keep the phone numbers of your doctor and emergency contacts with you at all times.



- \* Stay indoor when possible to avoid exposure to too much cold.
- \* If you use a cane, replace the rubber tip if worn to ensure proper support.
- \* Watch your step and avoid walking on slippery surfaces.



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