



Dress in loose layers with a waterproof outer layer.



Stay inside some place warm.



If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries.

2

Get emergency notices via text, email or phone from AlertBoston.

3

Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

**For more information on these resources,
call 3-1-1 or visit boston.gov/cold**