

A decorative border surrounds the page, featuring various snowflake designs in shades of blue and white. In the bottom-left corner, there is a stylized snowman wearing a black top hat and holding a broom. The background is a light blue gradient with small white dots scattered throughout.

Avella Eagle Health

Winter Safety Tips

Dress for the Cold

Wear layers. Young children should be dressed in one more layer than an adult would wear in the same conditions.

Waterproof pants and jackets are excellent top layers. Don't forget warm socks, gloves/mittens, boots and a hat!

Have an extra pair of gloves/mittens available, so they can be changed if they become wet.

Prevent Frostbite

Generally, it is safe to be outside if the wind-chill factor is 32 degrees or above. Simply put, if the cold becomes uncomfortable, it is time to go indoors.

Frostnip is the first sign of the onset of frostbite. It is when the skin becomes red, numb or tingly.

If frostnip occurs, bring your child indoors and remove any wet clothing because it draws heat from the body.

Immerse affected body parts in warm, not hot water until the child can feel normal sensation again.

Cover child with a blanket to help increase body temperature.

Remember frostbite typically affects fingers, toes, ears, noses and cheeks.

Frostbite is when the skin is extremely cold and turns white or yellowish gray.

A decorative border surrounds the page, featuring various sizes and colors of snowflakes (dark blue, light blue, and white) and a snowman illustration in the bottom-left corner. The snowman is wearing a black top hat, has stick arms, and is holding a broom. The background is a light blue gradient with small white dots scattered throughout.

If frostbite occurs, transport your child to the nearest emergency room.

Sled and Tube Ride Safely

Supervise your child while sledding or tubing.

Choose a safe place to sled:

- Pick a location free of trees, fences and other obstructions.
- Stay away from highways or roads.
- Make sure the hill is not too steep and it has a flat area at the bottom.

Always ride with feet first or sitting up,

Never ride lying down head-first.

Wear a helmet to prevent head injuries!

