

Cold Weather Precautions

Dear Parents/ Guardians:

At this time of year, it is a good idea to talk with your children about cold weather safety. Extra care is needed especially in younger children to be sure that frostbite does not occur.

- Make sure all children including teenagers have appropriate outerwear every day. Warm jackets, hats, scarves, boots, and an extra pair of gloves in their pockets will protect them during extremely cold temperatures.
- Develop an emergency plan and review it with your children in case you are not home either before or after school. If a bus is delayed, they need to know where, when, and how to get help. Tell your child that if you are not home while they are waiting outside for the bus, how long they may wait outside, where to go in the event the bus is delayed, and what the dangers and risks of extreme weather are.

Advise your child to ask for help if they have:

- Wet clothing boots or gloves, snow or ice next to bare skin which cannot be removed.
- Pain or numbness or burning anywhere on their skin (especially hands, feet, ears, or nose).

Teach your child:

- When to ask for help.
- Where to find safe shelter in an emergency
- Who the designated adult is to go to in your neighborhood if the bus does not show.
- How to protect themselves with proper winter clothing.

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