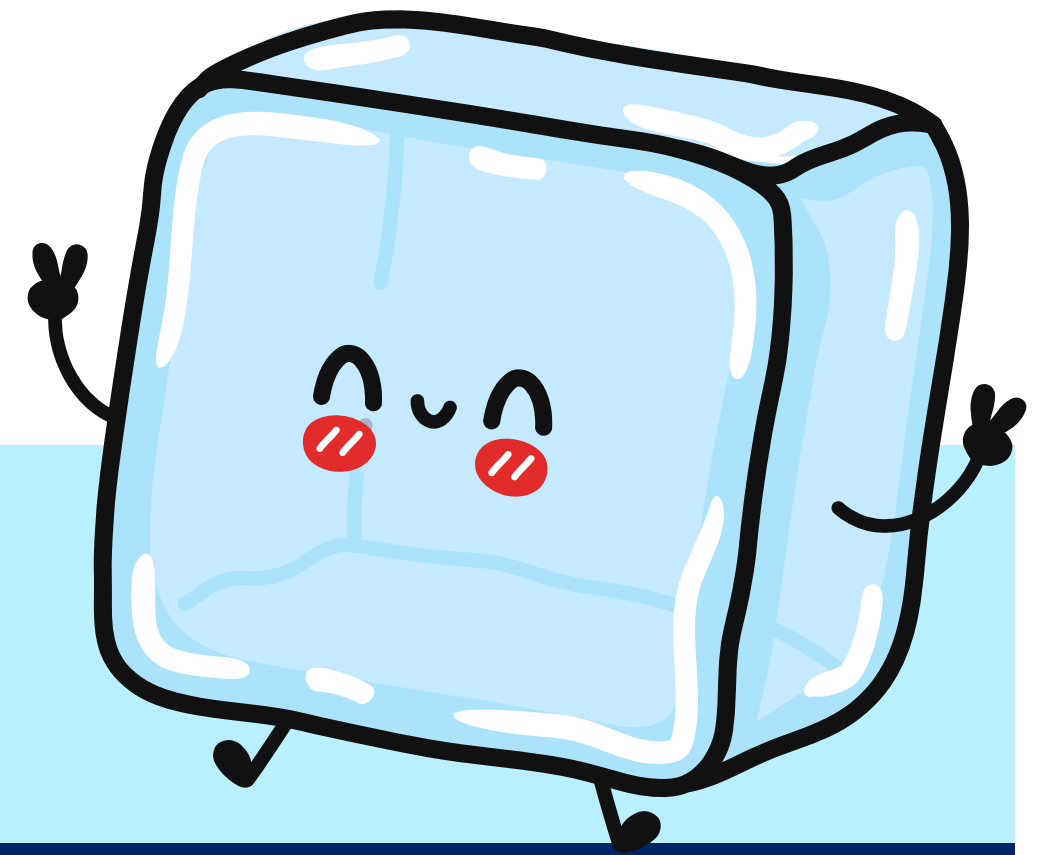


Ice Cube Izzy says...
"Keep Warm 4 Winter!"



1

Layer up

Make sure to wear several layers of clothing, gloves, and a hat, especially when outside for recess or waiting for the bus.

2

Don't slip!

Wear proper winter footwear and take small, slow steps on icy surfaces to prevent falls.

3

Stay hydrated

You can still get dehydrated in winter, especially when playing outside in layers. Be sure to stay hydrated and don't wait to drink water until you're thirsty!

4

Don't forget sunscreen!

Snow can reflect sunlight and give you sunburn, even in the winter! Wear sunscreen of SPF 15+ on exposed skin and reapply every 2 hours.



Pennsylvania
Department of Health