



Extreme Cold Health Safety Tips

Winter can be fun, but very cold weather can be dangerous. Here are simple tips to stay safe and warm.

How to Dress for Cold Weather

- Check the weather before going outside.
- Wear a warm hat, gloves or mittens to protect your ears and fingers.
- Use a scarf or neck warmer to cover your chin, lips, and cheeks.
- Wear waterproof boots and warm socks.
- If your clothes get wet or sweaty, change into dry clothes right away.

Watch for Cold Injuries

Frostbite: Skin may feel numb and look pale, gray, or bluish. Warm the area slowly using body heat or warm cloths. Do NOT rub the skin.

Hypothermia: Signs include confusion, slurred speech, stiff muscles, and shivering. Call 9-1-1 immediately.

Stay Warm at Home

- Block drafts and close unused rooms.
- Check your thermostat often.
- Have a backup heat source like a fireplace or generator.
- Bring pets indoors.

Who Is Most at Risk?

- Older adults
- Babies and young children
- People who work outside
- People living on low income and/or in homes that are poorly insulated (no heat or no power)
- People with certain health conditions

Take Care of Yourself and Others

- Eat well and keep non-perishable food handy.
- Check on neighbors and people who you know are at risk.
- Get help if someone shows signs of cold injury.
- For mental health support, visit [Nova Scotia Health](#).

Helpful Resources

Government of Canada

- [Watch for Signs of Cold Injuries](#)
- [Wind Chill Factsheet](#)
- [Wind Chill Infographic](#)
- [Extreme cold - Canada.ca](#)

Canadian Red Cross

- [Winter Storms and Extreme Cold](#)
- [Stay Safe and Warm in the Winter](#)
- [Download the WeatherCAN app](#), available for free on iOS and Android devices, and receive notifications about extreme weather events.