



# COLD WEATHER

## Aging and Adult Services - Public Guardian

# TIPS

## DANGER SIGNS

Cold weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during winter months. A person suffering from the cold may not realize it. Be aware of the warning signs of cold-related illnesses which include:

- ▶ Hypothermia: Sends body temperatures to dangerously low levels
- ▶ Asthma: Airway constriction leads to shortness of breath and chest tightness
- ▶ Chest Infections or Bronchitis: Wheezing, fever, lungs may swell and produce mucus
- ▶ Heart Attack or Strokes: Cold causes blood vessels to contract and raise blood pressure

## PREVENTION TIPS

- ▶ **What to wear:**
  - ✓ Dress in layers of warm clothing with a wind-resistant outer layer
  - ✓ Carry a hat, mittens or insulated gloves and avoid getting cold air in your lungs
  - ✓ Ensure footwear is slip-resistant and waterproof
  - ✓ Replace rubber tips on canes, walkers and crutches
- ▶ **Preparing ahead of time:**
  - ✓ Stay dry but keep active and carry a bottle with you when you are away from home
  - ✓ Arrange to check in with friends or relatives and have them check in with you when it is very cold
  - ✓ Choose a high protein diet, drink water and have extra food, water, blankets and batteries on hand
  - ✓ Take your medications on time and be aware some medications make you susceptible to the cold
  - ✓ Plan outside activities for the warmest time of day and take your time, do not run around in a hurry
  - ✓ Consult a doctor regarding vaccines or if experiencing unusual coughing, breathing or other issues
  - ✓ Keep a list of emergency phone numbers next to your phone
  - ✓ Check your flashlight and smoke and carbon monoxide detectors to be sure they are working

### **Reminders**

*Excessive cold exposure can result in illness or death.  
If you need emergency medical services, call 911 immediately!*

**Visit the Department of Aging and Adult Services - Public Guardian (DAAS-PG) Website to explore valuable programs and services at <https://hss.sbcounty.gov/daas/> or call Senior Information & Assistance at 1-(800)-510-2020.**