

# HEALTHYLIVINGTIPS

## Staying Healthy During the Winter



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As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

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As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911 immediately.

### Useful Resources

*Administration on Aging Health Related Resources*

[http://www.aoa.gov/AoARoot/Preparedness/Resources\\_Individuals/Health\\_Resources.aspx](http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx)

*National Institute on Aging: Stay safe in cold weather!*

<http://www.nia.nih.gov/HealthInformation/Publications/staysafe/>

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