PLAN FOR THE COLD
Information for Everyone

Dress in loose layers with a waterproof outer layer.

Stay inside some place warm.

If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.

- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.

- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.

- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.

- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1. Get warm at public warming centers and Boston Public Libraries.

2. Get emergency notices via text, email or phone from AlertBoston.

3. Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold