

EXTREME COLD SAFETY TIPS

IF INDOORS:

- Stay hydrated! Drink lots of water and limit alcohol/ caffeine.
- Drink hot tea and soup.
- Close the flue to the fire place when not in use.
- Keep your home at a minimum temperature of 55°F to 65°F.
- Use a wood fireplace for warmth and cooking.
- Keep your electronic devices charged all the time (in case of a power outage).
- Create a cozy place for your pets.
- Do not use a generator indoors.

IF OUTDOORS:

- Drink plenty of water to stay hydrated.
- Wear lots of layers! Dress appropriately.
Include:
 - A base layer
 - A middle layer
 - An outer shell
 - Socks
 - Waterproof boots
 - Mittens/ gloves
 - Scarf
 - Face mask
 - Beanie
 - Ear muffs
- Shovel a path to your house promptly, and the driveway if needed.
- Build an igloo! (That's just for funsies)