

STAY SAFE AND HEALTHY THIS WINTER



Wear Warm Clothes in Layers.

Wear a scarf, hat & gloves.

Keep Your Hands & Feet Warm

Elderly (more than 65 age group) and Infants are at high risk



Avoid Exertion in cold weather if you are suffering from Heart Disease or high Blood Pressure



Cold Weather makes your heart work harder to keep the body warm.

Cold Weather also leads to increased formation of clots leading to heart attack and stroke

In case of chest pain Contact Doctor Immediately

Eat a Balanced Diet and Drink frequent Warm Beverages (Kehwa)



**Avoid Alcohol
Quit Smoking**

**Stay Active Indoors
Do not sit for long periods of time
Move around once every hour**



If you are working outdoors, Work slowly and take frequent breaks

Avoid Walking on Ice and Snow

Warning Signs of Hypothermia



Confusion



Shivering



Difficulty Speaking



Sleepiness



Stiff Muscles