Cold Weather Tips from the Health Office

Brrr, it's cold outside!
Does that mean you need to stay indoors? Of course not unless the cold is extreme, but here are some important tips for dressing for cold weather:
---Dress in layers; this way you can remove layers if you start to sweat when you exercise. Sweating causes you to lose body heat.
---Cover all exposed skin: Always wear a warm hat that covers ears, gloves or mittens that cover your full wrist, and a scarf or ski mask to protect your face and neck. Did you know that mittens actually keep your fingers warmer than gloves?
---If your clothing gets wet, go inside and change into dry clothing as soon as possible.
---Shivering is a sign that it's time to go in because it means that your body is losing heat.
---Remember to wear appropriate footwear to keep your feet warm and to prevent slipping on the ice. This means no flip-flops or high heels!