



TIPS FOR SENIORS

Coping with Winter

- ❖ Wear trousers, sweat pants, tights or leg warmers
- ❖ Layer on shirts and a wool sweater or wear a jacket under a warm coat
- ❖ Don't forget a wool or synthetic hat; your body loses heat through your head; cover your head
- ❖ Mittens are warmer than gloves; they keep the fingers together
- ❖ In very cold weather wear polypropylene liners to give extra warmth and draw sweat away from the body
- ❖ Keep dry. Change wet clothing to prevent a loss of body heat
- ❖ Be sure to let your electric utility company know in advance if loss of electricity could create an immediate threat to life or safety
- ❖ Ask a friend or relative to check on you twice a day during exceptionally cold weather
- ❖ Listen to the media for current information. Keep a battery-powered radio available with a set of extra batteries.
- ❖ A cordless telephone won't work in a blackout. Be sure you have a standard phone that plugs directly into a phone jack. A cellular phone is another option.
- ❖ Keep a flashlight and backup batteries within easy reach
- ❖ Store a 10 days supply of prescriptions medications and a list of your emergency contact numbers in the same location
- ❖ Temporarily close off heat to some rooms
- ❖ Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If detected, get the victim to a warm location, and put the person in dry clothing. Wrap their entire body in a blanket. Warm the center of the body first by giving warm beverages if the victim is conscious. Get medical help as soon as possible.