

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



GUARD AGAINST COLD WEATHER

The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. Learn to recognize the signs of your body temperature dropping too low, and take steps to keep yourself and your family warm and safe during the chilly season.

TO GUARD AGAINST THE COLD:

- At home, wear socks, slippers, and a hat. Or stay covered up with a blanket.
- Keep your heat set to at least 68°F or higher during cold weather. If you need help paying your heating bills, see if you qualify for the HHS energy assistance program.
- Wear a windproof and water-proof jacket if you're heading into cold, rainy, windy, or snowy conditions. Dress in layers.
- If someone is showing signs of hypothermia, act fast. Get them out of the cold and into a warm room. Remove any wet clothing. Warm them up gradually. Cover them with warm blankets. Offer them warm drinks, but not alcohol. Avoid hot baths or heating pads. And take their temperature. If it's below 95°F, get medical help immediately.