YOUR HEALTHIEST SELF

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:

☐ Dress in layers.

☐ Cover up with blankets.

☐ If you expect to be out in the wind, rain, or snow, wear a jacket with a waterproof and windproof outer shell.

☐ To keep warm at home, wear socks, slippers, and a cap or hat.

☐ Set your heat at 68° or higher when it's cold outside.
To save on heating bills, close off rooms you're not using.

☐ If you need help paying your home heating bills, you may qualify for an energy assistance program.

☐ If you suspect that someone you know or love may be at risk of hypothermia, take quick action to warm them up with blankets and warm drinks, but avoid hot-water baths and heating pads.

NIH National Institutes of Health