



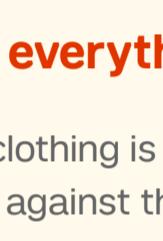
Weill Cornell Medicine

Protect Yourself From Cold-Related Injuries



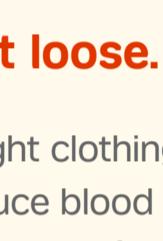
Cold weather can lead to hypothermia, frostbite and other weather-related injuries. When staying indoors isn't an option, here's how to stay safe outside.

Dress for Success



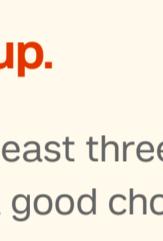
Cover everything.

Proper clothing is your first defense against the cold. Wear a hat, coat, mittens and waterproof boots to stay warm and dry.



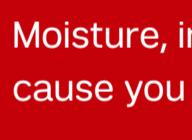
Keep it loose.

Avoid tight clothing, which can reduce blood flow and make you feel colder. Looser clothing promotes better circulation.



Layer up.

Wear at least three layers. Wool is a good choice for inner layers. Your outermost layer should be waterproof.



Stay Dry

Moisture, including sweat, can cause you to lose body heat.



If your clothes become wet, change as soon as possible.

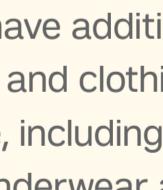


Let wet shoes dry before wearing them again.



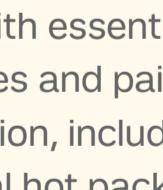
Take your time and don't overexert yourself outside.

Be Prepared



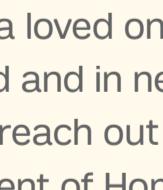
Bring extra supplies.

Always have additional blankets and clothing available, including warm socks, underwear and jackets, to keep everyone cozy and prepared.



Build a first-aid kit.

Along with essential bandages and pain medication, include a chemical hot pack and an emergency thermal blanket for warming support.



Seek help.

If you or a loved one is unhoused and in need of support, reach out to the Department of Homeless Services or the NYC Health Department for assistance.

Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine who can help keep you safe and healthy in all weather conditions.



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