



Stay Warm and Prevent Cold-Related Illness

Cold weather can affect anyone—even healthy, active people. When it's below freezing (32°F), your body loses heat quickly, which can lead to hypothermia or frostbite.

A few simple steps can help you stay safe and warm all winter!

Dress in layers

- Bundle up with 2–3 loose-fitting layers, topped with something windproof and water-resistant. Don't forget a hat, scarf or face covering, mittens or gloves, and insulated boots.

Keep dry

- Wet clothes from snow, rain, or sweat can make you colder faster. Change into dry clothing as soon as possible.

Limit your time outdoors

- When temperatures drop, try to stay inside as much as you can. If you need to go out, keep it short and take warm-up breaks indoors.

Sip something warm

- Stay hydrated with warm, non-alcoholic drinks. Skip alcohol and caffeine—they actually make you lose body heat faster.

Take it easy

- Shoveling snow or trudging through deep drifts can be hard on your heart. Take breaks and don't push too hard.



Extra Care for Infants and Young Children

Outdoor time

- Avoid outings when the temperature or wind chill is below 15°F. Dress children in one more layer than you'd wear, and keep outdoor play short.

Strollers

- Use a weather shield or blanket to block wind, rain, and snow.

Sleeping

- Keep rooms comfortably warm and cribs free of loose blankets or pillows. Instead, use one-piece sleepers or wearable blankets.

Car seats

- Take off bulky coats or snowsuits before buckling your child in. These can prevent the straps from fitting safely.

Stay Warm, Stay Safe

- Check on family, friends, and neighbors—especially older adults or anyone who may need extra help staying warm.

For more tips and local resources,
visit onondaga.gov/health/cold



HOW TO DRESS FOR THE COLD

chilly

1-2 TOP LAYERS OUTER LAYER



BOTTOM LAYER



WARM SHOES

Cold

WARM HAT



GLOVES



2-3 TOP LAYERS



OUTER LAYER

1-2 BOTTOM LAYER

WATERPROOF BOOTS

Extreme Cold

WARM HAT



GLOVES



SCARF



2-3 TOP LAYERS



OUTER LAYER

1-2 BOTTOM LAYER



WATERPROOF BOOTS