Hypothermia Prevention

**WEAR**
absorbent or wicking material
layers should be worn loosely
hats, mittens, appropriate footwear

**DRY**
stay dry
remove wet clothing

**WARM**
keep active
drink warm liquids and water
do not sit on cold surfaces

**FUEL**
eat a good meal for high energy
snacks will maintain calorie level

Get out and enjoy winter activities.
Stay safe with simple precautions.
We have your back!

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