

## 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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