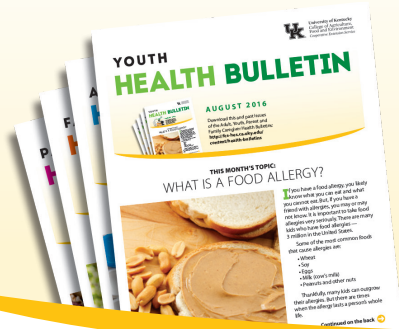


# YOUTH HEALTH BULLETIN



**DECEMBER 2018**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: SNOW SAFETY



**M**any people spend time outdoors during the winter. Have you ever gone sledding or ice-skating on a snow day? Winter sports are fun things to do outside like snowball fights, sledding, or building a snowman.

While having fun with your friends in the cold, you need to know how to be safe.

### Dress in layers

During the winter, you want to dress in layers to stay warm.

Continued on the back 



# After sledding with friends, have a warm drink to keep you hydrated and heat you back up from being cold.

➔ Continued from page 1

You can always take layers off. Dressing warmly is important from our heads to our toes.

- Put a hat on your head! Body heat can leave our body if we do not have our heads covered. A scarf, face mask, and earmuffs also help keep our heads warm.
- Start with a long-sleeved shirt, add a sweater and a winter coat.
- For your legs, start with long underwear, and add a heavy pair of pants. Waterproof pants, like ski pants, work best when playing outside.
- Keep your toes warm with heavy socks and waterproof boots.
- Do not forget mittens or gloves. Fingers are sensitive to the cold, so it is best to use waterproof gloves if you will be playing around in the snow.

## Drink warm drinks

It is easy to forget about drinking water in the winter. But when it is cold outside, we lose a lot of our body's water through our breath. After sledding with friends, have a warm drink to keep you hydrated and heat you back up from being cold.



## Take a break

It is easy to lose track of time when playing in the snow. However, we need to take breaks from the cold and warm up inside to keep our bodies safe. If you get too cold, your teeth might start chattering or your body will shiver. If this happens, be sure to take a break from the snow and go inside. Warm up while playing a game or watching TV, and then head back outside for more fun.

If you are playing it safe in the snow, by wearing heavy clothes, socks, and mittens, and taking breaks inside when you think you need them, you will enjoy those winter sports!

## REFERENCES

- <https://kidshealth.org/en/kids/winter-safety.html>
- <https://www.cdc.gov/features/winterweather>

## Can you unscramble these words?

EIMSTTN: \_\_\_\_\_

OLESGV: \_\_\_\_\_

CFASR: \_\_\_\_\_

ANSWERS: MITTENS; GLOVES; SCARF



YOUTH  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)

