



Notes from the School Nurses

HEALTHY WINTER HABITS



Dress Warmly:

Remember to dress appropriately for the weather to protect yourself against wind, snow and rain. Headwear that fully covers your ears (hat, earmuffs, etc), wear mittens rather than gloves and pull on well-insulated socks when dressing. Dress in several layers of loose, warm clothing and don't forget to put on a winter jacket and winter boots before heading outside!



Limit time in the cold:

Pay attention to weather forecasts and windchill readings. Make sure to dress accordingly, but also watch for signs of frostbite, such as red or pale skin, prickling and numbness. If you experience any signs of hypothermia, including intense shivering, slurred speech, loss of coordination or fatigue, seek emergency help right away! If you take measures to protect yourself against the cold (such as dressing warmly), you can avoid these cold-weather hazards.



Find ways to move:

Cold air can sometimes discourage you from keeping up with fitness routines and letting habits slide. Choose an indoor exercise if it is too cold out. Workout apps or online exercise programs are great tools to get you moving in the comfort of your home. If you decide to exercise outside, dress appropriately! Remember to layer up, but choose layers of clothes that you can easily remove as too many layers can make you overheat.



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Use safety when walking outdoors to avoid slips and falls when the temperature decreases.

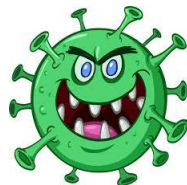
- Wear non-slip footwear during snow/ice conditions
- Be careful when exiting the car; keep your hands free of objects
- Walk around snow and ice whenever possible
- Point your feet out; slightly bend your knees and walk flat footed. Pretend you are a penguin!
- Extend your arms to maintain balance
- Take short steps and shuffle for stability



- **Hydrate, hydrate, hydrate:**

Hot cocoa and cider are great ways to warm up our bodies in winter, but we need to remember to keep it balanced with at least 8 cups of water per day. With the hustle and bustle of classes, clubs, sports, study sessions and everything in between, it's easy to forget to stay hydrated. A glass of water between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.

Pro tip: If you don't have one already, bring a water bottle to school to help you stay hydrated!



Keep the germs away:

The best way to avoid getting sick and spreading common winter illnesses, such as colds and flu, remember to **WASH YOUR HANDS!** Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. You need to wash your hands frequently as germs accumulate through nearly everything you do or touch. Stay up to date with the flu and COVID-19 vaccines to help avoid being sick during the coldest time of the year.