

Winter Safety Tips

Winter can be a brutal season, especially for those living with disabilities who may have difficulties moving or regulating their body temperature. Here are some tips to stay safe and healthy outdoors during the winter months.



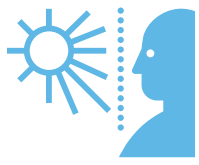
Avoid Cotton and Wear Layers

- ⚠️ Avoid cotton because when it gets wet and cold, it stays wet and cold
- ⚠️ Try clothing made of fabric that pulls moisture away from your body
- ⚠️ Dress in layers; the air between layers warms up and keep you warmer



Keep Your Hands Warm

- ⚠️ Carry two pairs of gloves with you at all times in case one pair gets wet
- ⚠️ Use mittens to keep your hands warm if opening fingers is challenging



Protect Your Skin

- ⚠️ Consistently check for any exposed skin
- ⚠️ Apply sunscreen or Vaseline to the areas of your face that are not going to be covered; even during winter, sunburn and dry, chapped skin is possible



Hydrate!

- ⚠️ Drink lots of water; when your body gets dehydrated, cold sets in more easily and skin becomes dried out quicker in winter than in summer



Winter Tips for Wheels and Walkers

- ⚠️ If you use a wheelchair, bicycle or walk make sure to always have your phone fully charged and with you in case your wheels get stuck in the snow somewhere

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