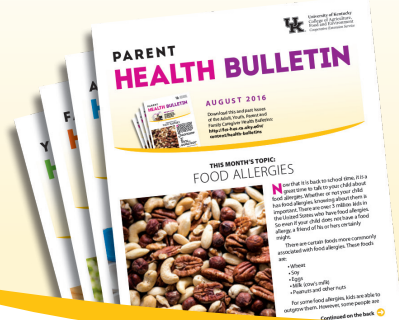


PARENT HEALTH BULLETIN



JANUARY 2020

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THIS MONTH'S TOPIC: STAY ACTIVE IN WINTER



Winter is here. That means more outdoor sports like skiing, snowboarding, sledding, and other winter chores like shoveling snow. To enjoy all of these outdoor activities, you should definitely take some safety measures against the cold. By reviewing these winter tips, you can have a great time no matter how much snow accumulates.

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Make sure kids have on appropriate outdoor clothing. Add more layers depending on the temperature.

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Winter safety tips

- **Check the weather forecast** before going out for a day's activity.
- **Make sure kids have on appropriate outdoor clothing:** a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots. Add more layers depending on the temperature, and try to avoid cotton.
- **Before kids go outside, put sunscreen on everyone's face.** Snow can reflect up to 85 percent of the sun's ultraviolet rays causing sunburn.
- Kids sometimes have a tough time knowing when to come inside from the cold. Make sure to check on them regularly and **remind them to take frequent breaks to warm up.**
- **Make sure children drink plenty of warm fluids** to help the body maintain its temperature. If hot drinks are not available, drink plain water. It is easy to get dehydrated in the cold, often without noticing.
- **Beware of ice thickness over water.** Stay away from the banks of ponds, lakes, streams, and rivers. To be safe, the ice on frozen ponds, rivers, lakes, or canals should be at least 6 inches thick before you walk on it. For groups, the ice should be 8 inches thick. The color of ice can be an indication of its strength:
 - Clear blue ice is strongest.
 - White opaque or snow ice is half as strong as blue ice.
 - Grey ice is unsafe.
- **Stay healthy while cooped up by making sure everyone in your family washes their hands frequently.**
- If you are going on a road trip during the winter, **make sure you have a first-aid kit, extra blankets, and gloves in the car.**



REFERENCES:

- <https://www.cdc.gov/features/winterweather>
- <https://health.clevelandclinic.org/kids-can-avoid-injury-winter-sports>
- <https://kidshealth.org/en/parents/winter-safety.html>
- <https://parachute.ca/en/injury-topic/winter-outdoor-safety>

Participating in winter sports will help keep the whole family healthy, just remember, to stay safe. Go out and enjoy the snow!

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HEALTH BULLETIN

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