

# Winter Safety for Special Populations

Hypothermia often occurs at very cold temperatures but can occur in cool temperatures if the person is wet and becomes chilled. A body temp of 95 F is an emergency.



## Taking care of Older Adults

- ❖ Have the name/contact information of a nearby family member or friend who can regularly check in on them.
- ❖ If you are checking in on an older adult, **try to check in on them in person** or by telephone as often as possible or at agreed times to make sure they:
  - Are staying hydrated and warm.
  - Have the living space set to a comfortable temperature.
  - Don't show signs of hypothermia.
  - Note if any medicines they take affect their ability to regulate body temperature.

- ❖ **Infant Signs**-bright red, cold skin, weak cry, poor feeding and very low energy.
- ❖ **Adult Signs**- fumbling hands, swollen face, slower-than-normal speech, and feeling sleepy, angry, or confused. The person's skin may become pale, and they may begin shivering.
- ❖ **Older adults**-are more sensitive to cold (and heat) than younger adults and increases their risk of heart disease and kidney or liver damage.



# Keep Your Pets Warm

❖ **Know the limits:** Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level, and health.

If you are cold, they are cold.

❖ **Arthritic and elderly pets** may have more difficulty walking on snow and ice and may be more prone to slipping and falling.

❖ **Make some noise:** A warm vehicle engine can be an appealing heat source for outdoor and feral cats, but it's deadly. Check underneath your car, bang on the hood, and honk the horn before starting.

❖ **Check the paws:** Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding.

❖ **Fur coats:** If your dog has a short coat, consider a sweater. Never shave your dog down to the skin. Limit bathing during cold spells. Towel dry feet, legs and belly as soon as they come inside.

