Local weather forecasts call for single digit temperatures the next few days. Winter weather means taking special precautions when you go outside. Cold exposure can make outdoor activity uncomfortable or even dangerous for anyone unprepared for extreme weather. It is important to be aware of the early warning signs and symptoms of cold exposure and how to prevent problems.

Warning Signs of Cold Exposure

- Hypothermia – shivering, exhaustion, confusion, slurred speech, drowsiness
- Frostbite – pain, red or grayish-yellow skin, numbness

Prevention Measures

- Dress in layers to regulate your body temperature and keep you warm and dry
- Keep your feet dry with a fabric that wicks perspiration away from the skin
- Cover your head to prevent heat loss
- Cover your mouth to warm the air before you breath in
- Stay hydrated with water and avoid alcohol or beverages that contain caffeine
- Minimize your time outside and cover all exposed skin when outside

Students who experience symptoms or have concerns should contact the Health and Wellness Center at 610-328-8058 during regular business hours or the after-hours on-call nurse at 610-328-8548. Public Safety is available for emergencies at 610-328-8333.

More information about winter weather safety is available on the Centers for Disease Control and Prevention [https://www.cdc.gov/disasters/winter/index.html](https://www.cdc.gov/disasters/winter/index.html)

We remain committed to your wellbeing.