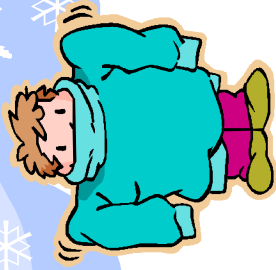


OUTDOOR WINTER SAFETY

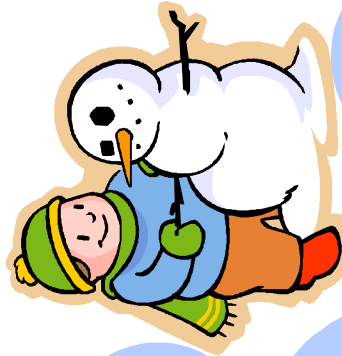
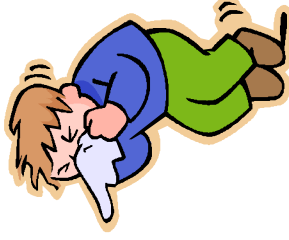
Dress children warmly.
Clothing should consist of several layers and include boots, gloves or mittens and a hat.



Set reasonable time limits on outdoor play.
Occasionally call children in to warm up.
Provide warm drinks such as hot chocolate.



Do not ignore shivering.
It can be the first sign that the body is losing heat and may be a sign to go indoors.



Make sure kids wear a hat because most body heat is lost through the head. Have children keep their ears covered at all times to prevent frostbite.



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