



## Plan ahead

### STAY WARM

#### In cold temperatures, cover all exposed skin.

- Use a scarf to cover your mouth and nose.
- Wear a hat. About 40% of heat loss occurs through the head.
- Wear sunglasses or a visor to reduce glare from the sun and snow.
- Wear insulated gloves to keep your hands out of your pockets and to help you to stay balanced.
- Wear non-slip tread footwear—ice cleats may help prevent falls.

### STAY SAFE

#### Prepare your environment to stay safe.

- Have winter tools ready such as a shovel, ice scraper, salt, sand, non-clumping kitty litter, flashlight, walking aids.
- Be aware of your surroundings and check for hazards on the ground (black ice is often not visible).
- Replace worn rubber tips on canes and walking poles. Consider using an ice pick attachment.
- Take small, flat-footed steps on the snow and ice and take your time—do not rush!
- Carry a list of emergency contacts and medical information with you.

### STAY ACTIVE

#### Reduce your risk of injury and falls. More physical activity provides greater health benefits.

- Stay hydrated with warm fluids.
- Try urban pole walking or walking with a group or a friend on local pathways.
- Participate in community activities. Choose in-person or virtual options.

**Let's be ACTIVE. Let's be SOCIAL. Let's be STRONG!**

For more information visit: [www.stayonyourfeet.ca](http://www.stayonyourfeet.ca) or call your local public health unit.

