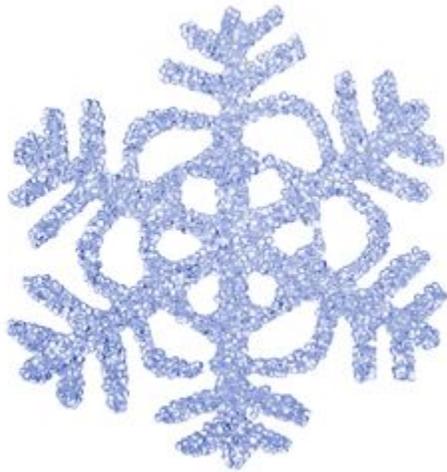


Tips and resources



- Please dress children appropriately for winter weather conditions.
- If your child or children need warm winter clothing, check with school principals for assistance.
- Call the community assistance agency “United Way 2-1-1” at 1-800-543-7709.
- If you have questions, contact your school administrator or Minneapolis Public Schools at 612-668-0000.

Whether winter brings severe storms, light dustings, or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

What to Wear:

- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Hypothermia:

- Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. The child's speech may become slurred and their body temperature will decline.
- If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap the child in blankets and/or warm clothes.

Frostbite:

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They may become pale, gray, and blistered. At the same time, the child may complain that their skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of their body in warm (not hot) water. 104 degrees Fahrenheit is recommended. Warm washcloths may be applied to frostbitten nose, ears, and lips. Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing and/or blankets. Give them something warm to drink.
- If the numbness continues for more than a few minutes, call your Health Care Provider.

Winter Health:

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist.
- Cold weather does not cause colds or flu. However, the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of their elbow may help reduce the spread of colds and the flu.
- Children between the ages of six months to 18 years are recommended to get the influenza vaccine to reduce their risk of catching the flu.

For more tips, please visit [HealthyChildren.org](https://www.healthychildren.org) **Winter Safety Tips** website.