

Be Winter Ready!

There are many benefits to being active and finding ways to enjoy the winter weather. Here are some things you can do to avoid cold weather injuries, such as frostbite and hypothermia.

What are the risks?

Learn about frostnip, frostbite and hypothermia by visiting OttawaPublicHealth.ca/ColdWeather

Who is most at risk?

Older adults, babies, people who spend a lot of time outdoors, people experiencing homelessness, and people who have been drinking or using drugs are more susceptible to frostbite and hypothermia.

What can you do?



Download the WeatherCAN app and check the weather every day.



When the windchill is significant, take shelter from the wind.

Watch for signs of frostnip, frostbite and hypothermia.

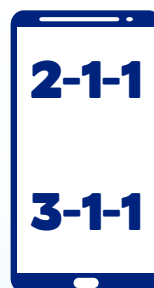


Scan the QR code to find out more about the WeatherCAN app.



Dress for the cold – wear three layers with a wind-resistant outer layer. Wear warm socks, boots, mittens, a hat and cover your face.

Who can help?



Call 2-1-1 for winter clothes and support services.

Call 3-1-1 to help people experiencing homelessness get out of the cold.

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