

# Cold Weather Caution



## DRESS IN LAYERS

You'll warm up once you get moving, so you should feel a little bit chilly when you start your run/walk. A good rule of thumb: Dress as if it's **20 degrees warmer** outside than it really is.

## CHOOSE CLOTHING MADE OUT OF THESE FABRICS:

- Nylon/Gortex
- Fleece
- Wool
- Polypropylene

## AVOID COTTON.

It holds in moisture and will keep you wet.



Add a **wicking sock liner** under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

## DON'T FORGET YOUR HEAD

About **40%** of your **body heat** is **lost through your head**. Wearing a **hat** will help prevent **heat loss**. Your circulatory system will have more heat to distribute to the rest of the body.



## PROTECT EXPOSED SKIN

When it's really cold, wear a **face mask** or a **scarf over your mouth** to warm the air you breathe and protect your face. You also can **cover your face** with **Vaseline** or other **protectants**. On mild days, wear **running gloves** that wick moisture away. On cold days, **mittens** are a better choice. Your fingers will share their body heat.



## WATCH WIND CHILLS AND AIR TEMPERATURE

If the wind is strong, it penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the **temperature** is **below zero** or the **wind chill** is **below -20**, **stay inside**.

## WATCH FOR FROSTBITE

On really cold days, make sure you **monitor your fingers, toes, ears and nose**. They may feel numb at first, but they should warm up a few minutes into your run/walk. If you notice a **patch of hard, pale, cold skin**, you may have **frostbite**. **Get out** of the **cold immediately** and **slowly warm the affected area**. If **numbness** continues, **seek emergency care**.



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