



Keeping warm in winter

Celebrating Christmas with Loved Ones in Home Care



We are rated Outstanding by CQC. Making us a first choice of premium home care in the North East





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What is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.



Warning signs of Hypothermia

Early signs of hypothermia:

- 1 Cold feet and hands
- 2 Puffy or swollen face
- 3 Pale skin
- 4 Shivering (in some cases the person with hypothermia does not shiver)
- 5 Slower than normal speech or slurring words
Acting sleepy
- 6 Being angry or confused

Later signs of hypothermia:

- 7 Moving slowly, trouble walking, or being clumsy
- 8 Stiff and jerky arm or leg movements
- 9 Slow heartbeat
- 10 Slow, shallow breathing
- 11 Blacking out or losing consciousness

Keeping warm inside

Living in a cold house, apartment, or other building can cause hypothermia.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Our carers will be taking extra care making sure our customers are warm and comfortable this winter.

Here are some tips for keeping warm while you're inside:

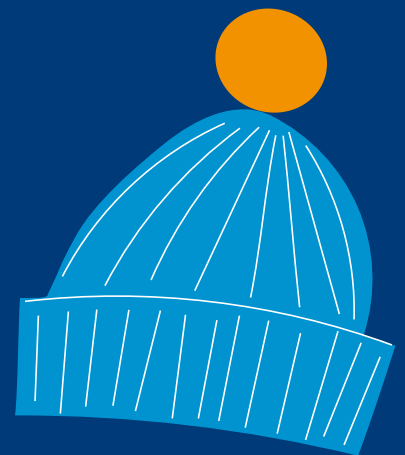
- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning.



Wrapping up outside

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.



Here are some other tips:

- 1 Dress for the weather if you have to go out on chilly, cold, or damp days.
- 2 Wear loose layers of clothing. The air between the layers helps to keep you warm.
- 3 Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- 4 Wear a waterproof coat or jacket if it's snowy.
- 5 Change your clothes right away if they get damp or wet.

Illnesses and cold weather

Some illnesses may make it harder for your body to stay warm.

- Thyroid problems can make it hard to maintain a normal body temperature.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson's disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.
- Memory loss can cause a person to go outside without the right clothing.



Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter, such as some cold medicines. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

Here are some topics to talk about with your doctor to stay safe in cold weather:

Ask your doctor about signs of hypothermia.



Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia.



Ask about safe ways to stay active even when it's cold outside.



Stay safe
this winter

