



# **COLD WEATHER SAFETY TIPS FOR SENIORS**



**CITY OF CLEVELAND**  
Mayor Frank G. Jackson

- Older people are more susceptible to getting frostbite and hypothermia (a drop in body temperature) and this can cause illness.
- Stay inside as much as possible. If you have to go out cover all exposed areas. Wear warm footwear and dress in layers. Wear a hat and gloves and cover your mouth to avoid getting cold air in your lungs.
- Keep a list of emergency phone numbers next to your phone.
- Check your smoke detectors and carbon monoxide detectors to be sure they are in working order.
- If you are using a space heater keep it at least 3 feet from furniture and draperies. Heaters that use liquid fuel, if faulty, may cause carbon monoxide poisoning.
- Be sure to check with a doctor before shoveling snow if you have heart problems and/or don't exercise regularly.
- Replace rubber tips on canes, walkers, and crutches. Home health care stores sell "ice picks" that fit on the ends of canes and walkers to provide extra traction.
- Understand your prescription drugs. Be aware that some medicines make people more susceptible to cold. Ask your doctor if you should be taking extra precautions.
- Have chimneys and flues checked before using them.
- Wrap inside pipes with warm rags to keep them from freezing.
- Make sure to have extra food, blankets and water available along with a flashlight and extra batteries.
- Call your friends and check on them and have a friend or loved one check on you.



**Call the Cleveland Department of Aging at 216-664-2833 to receive a copy of the Winter Resource Guide of home heating assistance programs available to qualifying Cleveland residents. Or you can go to our website [www.city.cleveland.oh.us/CityofCleveland/Home](http://www.city.cleveland.oh.us/CityofCleveland/Home).**