

# Keeping Children Safe (Resources from Minnesota Department of Public Safety)

- **Stay inside.** During snowstorms, blowing snow and cold can make it hard to see and easy to get lost — even close to home. Wait until the storm is gone to go outside.
- **Dress right.** When going out to play after a storm, dress in snowsuits or layers of clothing, waterproof coat and boots, mittens or gloves and a hat. Avoid cotton clothing or socks as they can soak up water and offer little warmth.
- **Wear a hat.** Body heat is lost through the head, so always wear a hat or hood. Cover your ears, too. They are easily subject to frostbite.
- **Wear gloves.** Mittens are even better than gloves, because fingers maintain more warmth when they touch each other.
- **Use a scarf.** Keep your neck warm. A scarf can also be worn over your mouth to help protect your lungs from extremely cold air.
- **Warm up.** Go inside often for warm-up breaks. Long periods of exposure to severe cold and wind increase the risk of frostbite or hypothermia. If you start to shiver a lot or get very tired, or if skin turns numb or pale on your nose, fingers, toes or earlobes, go inside right away and tell an adult!
- **Stay near adults.** Always play near home or where there are adults nearby who can help you. Even familiar places can look different in winter, so don't get lost.
- **Stay away from streets and snowplows.** Plows can't slow down or turn quickly, and the snow and salt they throw is dirty and can hurt you. Cars may be sliding; they could hit you if you're in the street.
- **Stay off of ice.** Unless a lake or pond has been checked by an adult for thickness and safety, don't go out on the ice.