



The week ahead promises frigid temperatures and wind chill factors near or below zero, and you need to be aware of how to protect yourself. Conditions like hypothermia and frostbite can easily happen if you do not dress appropriately. Experts recommend dressing in quality cold weather clothing in lightweight layers and wearing hats and gloves. The early symptoms of hypothermia include dizziness, confusion, and severe chilling. Frostbite begins to appear with numbness, with skin turning gray, white, or red. If you recognize any of these symptoms, you are advised to get indoors and seek medical attention. During extremes in temperature, it is also a good idea to keep tabs on your neighbors, especially the elderly.