

EXTREME COLD WATCH

An Extreme Cold Watch is issued when dangerously cold air, with or without wind, is **possible**.

Check the forecast, and be prepared in case a Warning is issued.

Be Prepared

EXTREME COLD WARNING

An Extreme Cold Warning is issued when dangerously cold air, with or without wind, is **expected**.

Conditions could lead to frostbite or hypothermia. Limit time outside, dress in layers, and cover up exposed skin.

Take Action!

Warning Signs of Hypothermia



Confusion



Shivering



**Difficulty
Speaking**



Sleepiness



**Stiff
Muscles**

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Prepare for Extreme Cold



DRESS IN
LAYERS



COVER ALL
EXPOSED SKIN



LIMIT TIME
OUTDOORS



BRING PETS
INDOORS

*Whether it's the wind chill
or air temperature...*

*Extreme cold is **dangerous**.
Take it seriously.*



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DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



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