



# spotlight on health

## Staying Safe In Cold Weather

(NAPSA)—You can experience cold-weather emergencies such as frostbite or hypothermia even if the air temperature isn't below freezing. That's why it's so important to know a few cold-weather safety tips.

### What To Watch For

The American Red Cross suggests people learn to recognize the signs of hypothermia and frostbite. Hypothermia symptoms include confusion, dizziness, exhaustion and severe shivering. Frostbite warning signs include: gray, white or yellow skin discoloration, numbness and waxy-feeling skin. If you or someone else has any of these symptoms, seek medical attention immediately.

### What To Wear

You are only as warm as your coldest body part. Some of the best outerwear for cold weather has GORE-TEX<sup>®</sup> fabric at the core. This waterproof but breathable layer provides a barrier with billions of microscopic pores that are impenetrable by water but still allow perspiration vapor to escape. When dressing for outdoor recreation, a range of products made with the material can provide an optimized system designed to work together and keep you comfortable and protected. You can test out the product's Guaranteed To Keep You Dry<sup>®</sup>



**Dressing smart can keep you warmer in cold weather.**

promise at the Know What's Inside Tour presented by GORE-TEX and WINDSTOPPER<sup>®</sup> products.

Visitors can step inside an Extreme Weather Chamber and dial up their own weather conditions while wearing protective outerwear.

### Cold Weather Travel

Allow extra time when traveling in cold weather and check weather forecasts before leaving your house. When you're on the road, monitor weather conditions carefully and adhere to travel advisories. It's also important to keep a winter storm survival kit in your vehicle. The kit should include blankets, food, flares, chains, gloves and first-aid supplies.

For more information and tips, visit [gore-tex.com](http://gore-tex.com) or call (800) GORE-TEX.