

# Extreme Cold Weather Tips

Cardinal Community Academy,

As we approach the colder months and snowfall here in Colorado it is important we are taking the necessary steps to keep the children and ourselves safe. Here are a few tips to keep in mind each morning as we prepare for school.

— Brook Nighswonger  
CCA School Nurse

1. Dress your child in several layers. Their hands, face and neck should all be covered while outside.
2. Avoid scarves and draw string hoods on coats. These can be a clothing hazard, especially on the playground.
3. Apply sunscreen to exposed areas while they are outside. The sun can reflect off the snow and cause sunburns.
4. If your child frequently has nosebleeds, place a cold-air humidifier in their room at night or offer saline mist to keep their nose moist.
5. Send your child with extra water or warm drinks. The colder Colorado weather can cause increased dryness. It is important to keep the children hydrated throughout the day.
6. Watch for frostbite. Frostbite presents as pale, gray or blistered areas on the skin. If you notice frostbite, bring the child indoors and apply warm, not hot, water to the area.