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Bayonne Board of Education

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Dress for the Weather



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Dear Parent/ Guardian:

We winterize our house and car, and we need to do the same with our children.

According to numerous weather sources, temperatures are expected to dip below freezing again soon. Extreme low temperatures are dangerous and can be life-threatening if proper precautions are not followed.

At this time of year, it is a good idea to talk with your children about cold weather safety. Extra care is needed, especially in younger children, to be sure that frostbite does not occur.

What is frostbite? Frostbite is an injury to the body caused by freezing body tissue. The susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Medical attention is needed immediately for frostbite. The area should be SLOWLY re-warmed.

We have included some tips on how to dress during cold weather. For more information on cold-related health problems and outdoor safety visit the web site from the Centers for Disease Control and Prevention (CDC) at: <http://www.emergency.cdc.gov/disasters/winter/>.

Sincerely,

Patricia L. McGeehan

Patricia L. McGeehan, Ed.D.

Superintendent of Schools

Tips for cold weather

- * Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be water repellent and hooded.
- * Wear a hat, because 40% of your body heat can be lost from your head.
- * Cover your mouth with a scarf to protect your lungs from extreme cold.
- * Wear mittens, not gloves, to help keep your fingers warm.



- * Try to stay dry and out of the wind.
- * Limit the time you spend outside and change out of wet clothing immediately.