

# Cold Weather SAFETY

## STAY DRY

Get under cover during rain or snow. Wear waterproof outer layer (coat, hat/hood, boots, gloves).

## STAY WARM

Spend time indoors. When outdoors, dress in lightweight, warm layers and cover exposed skin.

## DON'T OVERDO IT

Limit strenuous outdoor activity. Cold increases strain on the heart, and sweating can increase heat loss.

## STAY INFORMED

Go to

[HTTPS://SNOCO.ORG/HEATING](https://snoco.org/heating)

for a list of cold weather shelters and more safety tips.



01-2025 SAC

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**For a list of cold  
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more safety tips, scan  
the QR code below:**



<https://snohomish-county-public-safety-hub-sno-co-gis.hub.arcgis.com/pages/cold-weather-shelters>

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