



# Avoid Cold Wave

## Follow these simple steps

- Have adequate winter clothing
- Stay indoors as much as possible
- Prefer mittens over gloves; mittens provide more warmth and insulation from cold
- Listen to radio, watch TV, read newspapers for weather updates
- Drink hot drinks regularly
- Take care of elderly people and children
- Store adequate water as pipes may freeze
- Have emergency supplies ready



**Be Smart  
Be Prepared**



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