



Recommendations for Staying Healthy During the Winter Months

Itchy/dry skin:

- Lowering the temperature on your shower/bath water so it's not too hot, as this dries out skin.
- Putting on lotion as soon as you get out of shower/bath while you are still damp.
- Keep lotion on hands.

Chapped lips:

- Use chap stick often
- DON'T lick your lips

General Suggestions:

- Drink extra water—3-4 water bottles a day. This helps keep you hydrated.
- Dress warm for outdoor activities – always wear a hat, as heat is lost from your head; wear gloves, scarf, and a warm jacket. Make sure your feet keep warm too!
- Get your flu shot.

During Cold/Flu Season:– make sure you:

- Wash your hands often, especially after sneezing and coughing.
- Sneeze & cough into a tissue or your arm.
- Drink extra water.
- Eat 3 balanced meals a day and make sure you eat your fruits and vegetables.
- Get a good night's rest - don't stay up too late!

Let's have a Happy and Healthy Winter!