



## Let's Talk About the Weather

# Extreme Cold

## How would I feel?



Confusion



Shivering



Cold to the Touch



Slurred Speech

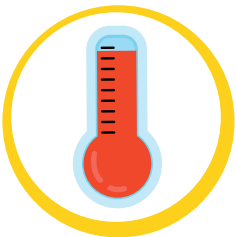
## What should I do?



Drink Fluids!



Eat Food



Seek Heat



Seek Shelter

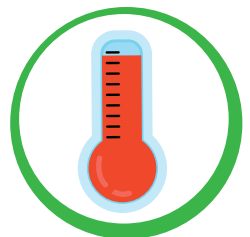


Check the  
Weather Forecast



Keep Feet Dry  
and Wear Boots

Wear Layers of  
Warm Clothing



Know Warm  
Places to Stay