



# Communiqué

## 7 ways to stay healthy this winter

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### Camborne, ON – 7 ways to stay healthy this winter

Winter's cold, dry air makes us vulnerable to viruses, dry skin and other nasty ailments. Here are some of the best defences you can use to prepare yourself for the weather and stay healthy all season long:

- 1. Flu Shot.** Consider getting the Flu Shot this year if you haven't before. What is the flu? Seasonal influenza, commonly known as the flu, is highly contagious infection of the airways, affecting the nose, throat and lung.
- 2. Keep it covered.** Exposed skin starts to freeze at -27 C or -16 F. Extremities like fingers and toes are the often the first to get frostbite. Ears are other danger zones — Make sure you keep fingers, toes and ears covered.
- 3. Shovel with care.** Shovelling driveways can put a heavy strain the body. Warm up for several minutes before you start and keep a slow and steady pace. Avoid it entirely if you have heart problems.
- 4. Protect your head.** Always wear a helmet when doing outdoor activities such as skiing, tobogganing and skating. While most people know helmets are important, it can't stressed more how important it is to use one all the times. Remember: a bicycle helmet is not the same as a hockey or ski helmet. They are tested in different conditions.
- 5. Bundle up infants.** Carried infants or those being pulled in a sled will get colder quicker as they don't move around as much to generate heat. Try wrapping an extra blanket around them and check on them often.
- 6. Watch the ice.** Slippery surfaces are to blame for many physician visits in the winter. They are particularly problematic for our senior population who are more prone to osteoporosis and risk hip fractures or worse. Walkways should always be cleared and sprinkle sand for traction. A walker is always good for balance. Better yet, stay indoors on very icy days if possible.
- 7. Don't forget the sunscreen.** A sunburn can happen all year round. The snow reflects (sunlight) back to your face and can make the burn particularly intense.

### Remember these tips and enjoy our Canadian winter!

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