



# STAY AHEAD OF THE FREEZE



**Cold weather injuries can happen anywhere it's cold. Poor planning, sudden weather changes, and being unprepared are common causes. Learn how to stay safe and protect yourself and your loved ones from cold weather.**

## Dress to Stay Warm

- Wear several loose layers of warm clothing.
- Choose a tightly woven, wind-resistant coat or jacket.
- Wear a hat, scarf, and mittens to protect exposed skin.
- In wet conditions, use waterproof shoes with good traction to help prevent heat loss and slips.

## Stay Dry and Comfortable

- Your body loses heat much faster when wet, so keep dry at all times.
- If your clothing becomes wet from snow, sweat, or rain, remove extra layers and dry off quickly.
- Shivering is an early sign your body is losing heat – don't ignore it. Find shelter and warm up.



**In Morris County, a “Code Blue” is a cold-weather emergency alert used to protect people who are unsheltered or at risk when the weather is dangerously cold.**

### What happens during a Cold Blue?

- Emergency shelters open or expand hours.
- Outreach teams look for people sleeping outdoors and help bring them inside.
- Warming centers may open in some communities.
- Transportation to shelters is often provided.



### Why it matters

Cold temperatures can quickly cause hypothermia, frostbite, and even death, especially for older adults, children, and people without adequate heat or shelter.

### Hypothermia Symptoms

- Hypothermia symptoms start with shivering, confusion, drowsiness, and fumbling hands, progressing to slurred speech, memory loss, slow breathing, weakness, and potentially unconsciousness as the body temperature drops below 95°F (35°C)

**Code Blue Resources:** [morriscountynj.gov/Departments/Temporary-Assistance/Code-Blue](http://morriscountynj.gov/Departments/Temporary-Assistance/Code-Blue)

**Warming Centers:** [morriscountynj.gov/Departments/Office-of-Emergency-Management/Warming-Centers](http://morriscountynj.gov/Departments/Office-of-Emergency-Management/Warming-Centers)

**For more information on staying safe during cold weather, visit:**  
[cdc.gov/travel/page/travel-to-cold-climates](http://cdc.gov/travel/page/travel-to-cold-climates)



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