

Keep yourself warm and safe during frigid, cold weather...

Winter is here and the cold weather is making a huge impact in our local communities. With temperatures falling at record numbers, along with blowing and drifting snow, make sure you are prepared. If you must venture out into the cold, try to limit your time outdoors and remember these helpful tips:



Bundle up – Dressing in layers is a great way to stay warm. Keeping your core warm is very important in freezing temperatures.

Cover any exposed skin – It is important to cover ears, face and hands in extreme cold temperatures or you may be at risk for frostbite. Wearing a hat to cover your ears, a scarf to cover part of your face, and gloves or mittens for your hands can reduce your risk. Covering your mouth with a scarf will also help protect your lungs and make it easier to breathe.

Keep your feet warm and dry – Footwear should be sturdy and insulated which will help prevent slips on icy surfaces and will help to keep your feet warm. Toes, just like fingers, are areas where frostbite and/or hypothermia can start.

Upper Peninsula State Bank has various products and services, such as **online banking** and **mobile remote deposit capture**, which allow you to do your banking from the comfort **and warmth** of your home so you don't have to venture out into the cold. But if you must go out, please keep these helpful tips in mind!

References:

- Voelzke, Margaret. "20 Ways to Stay Warm (and Safe) When It's Ridiculously Cold." *NBC4 Washington*. n.p. 3 January 2018. Web. 29 January 2019. <https://www.nbcwashington.com/weather/stories/20-Cold-Weather-Tips-to-Keep-You-Safe-and-Toasty-287810431.html>
- Ullrich, Tony. "Ways to keep yourself safe in the dangerous cold." *3News Now*. n.p. 28 January 2019. Web. 29 January 2019. <https://www.3newsnow.com/news/local-news/ways-to-keep-yourself-safe-in-the-dangerous-cold>
- "Protect Yourself from Cold Weather." *Contra Costa Health Services*. Contra Costa Health Services. n.d. Web. 29 January 2019. <https://cchealth.org/cold-weather/>