

Be Prepared For Cold Weather



Be alert to weather changes



Pay close attention especially during quick falls of temperature or when the Cold Weather Warning is issued.

Adequate food and drinks



Consume hot and easily digestible food and beverage with higher calories, like hot milk, soup, congee, noodles and rice. Avoid high fat food. Avoid drinking alcohol which can accelerate body heat loss by dilating blood vessels. Do not misbelieve that it can keep one warm.

Appropriate physical activities



Engage in physical activities to generate heat and improve blood circulation as well as to maintain the flexibility of joints. Avoid prolonged exposure to cold or windy environment.



Adequate clothing

Keep yourself warm by putting on adequate light, comfortable and permeable clothes. Hat, scarf, gloves and socks can keep your head, neck, hands and feet warm. Avoid dressing too tightly which may restrict blood circulation or hinder body movements.



Keep the house warm

When using electric heaters, ensure adequate ventilation. Oil-filled heater is safer for elderly with diminished sensation of heat. Do not use hot water bottles or other body warmers directly on the skin.



Care and concern for the elderly

Care and concern for the elderly can help ensure appropriate precautions are being taken. In case of need, the cold shelters provided by the Home Affairs Department can be made use of.



Tips on Protecting Your Skin in Winter



Bathe in warm water instead of hot water as the latter makes your skin itchy.



Avoid excessive cleansing.

In a cold spell you could bathe every other day.

Use mild soap during bathing. Apply moisturizing cream afterwards.



Put on cotton underwear to minimize skin irritation and outer clothing that can keep you warm.

If you use a heater, maintain humidity in the room, choose oil-filled heaters instead of radiant heaters.

Protect yourself from intense sunlight and winds when going outside.



Have a balanced diet and drink plenty of water.



Get enough sleep and exercise.

Remember to apply a lip balm to keep your lips moist.

