



## Staying Healthy

- Feed your children healthy, balanced meals during the winter. Include fruits and vegetables.
- Teach children how to properly wash their hands to kill germs.
- If your child is sick, keep them home from school and other public places until they are better.
- Ask your pediatrician about the necessity of flu vaccines for young children.
- Stay inside during extremely cold or wet weather.
- Make sure your family takes multivitamins every day.
- Sanitize shared items such as phones, toys, and door knobs regularly.



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## Emergency Management

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## Emergency Management



Keeping Your Children Safe  
During the Winter Months

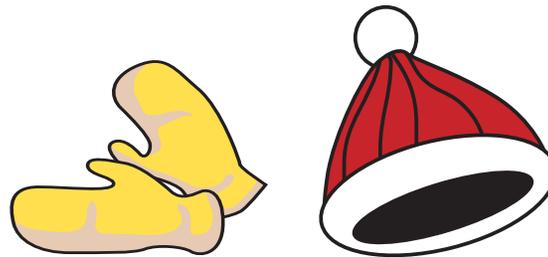


## Playing Outside

- Set a limit on time spent outside. Have children come inside periodically to warm up or change into dry clothes.
- Make sure your child has sunscreen on all exposed skin. Sunlight's reflection in the snow can cause sunburns during the winter.
- Do not allow children to build snow forts or tunnels that could collapse and bury them.
- Check on your children regularly to make sure gloves are dry and noses aren't too red.
- Give your children a healthy snack before allowing them to play in the snow. Extra calories will give them plenty of energy.
- Regularly de-ice or sand areas where children may play.
- Do not let younger children shovel snow. It can strain their muscles.

## What to Wear

- Multiple layers of tight to loose-fitting clothes, water - proof top layer, and warm socks and boots. Avoid cotton. Instead, dress them in wool or flannel.
- Buy water-proof boots that are one or two sizes too big so your child will be able to wear multiple pairs of socks.
- Apply powder to your child's feet before putting on boots to prevent dampness.
- Avoid drawstrings. They can cut off circulation and make frostbite a greater threat.
- It is very important that children wear hats and gloves. Most body heat is lost through the head and hands.
- Dress children in colorful clothes that are easily seen from a distance.



## Sledding Safety

- Never use streets to sled on unless they have been blocked off from traffic.
- Sled only in the daytime.
- Do not sled on steep or icy hills.
- Avoid bumps in the snow that could cause the sled to become airborne. Also, watch out for trees in the sled's path.
- Go in groups. An adult should always accompany young children.

