

27 Cold Weather Care

- 28 Enjoy the great outdoors, but be careful. People who are outside when it is very cold and windy tire quickly. Also, body heat is lost rapidly. If you must go outdoors, take extra care. Cold weather itself, without any work on your part, puts an extra strain on the heart. If you add to this the strain of hard work, you are taking a risk. Hard work includes shoveling snow, pushing a stalled car, or even just walking too fast or too far. 13
- 57 If you do go out, be sure to dress warmly. Try to wear light wool clothes that do not fit too tightly. Outer garments should shed water. Wear a wool hat. Protect your face and cover your mouth to keep very cold air from your lungs. Wear mittens instead of gloves. They allow your fingers to move freely and will keep your hands warmer. 46
- 83 113 140 161 Watch out for frostbite and any other signs of danger from being in the cold too long. Frostbite causes a loss of feeling in the fingers, toes, tip of the nose, or ear lobes. These areas may become white or pale. If you see such signs, get help right away. Do not rub them with snow or ice. This treatment does not help and could make matters worse. 70
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- Do not drink alcohol when you are out in the cold. This makes you lose body heat even faster. You may feel warmer at first, but you will end up colder than before.
- Try to keep your clothes and yourself dry. Change wet socks right away. To stop loss of body heat, remove all wet clothing as soon as you can. Wet clothes do not help you to keep in body heat.
- If someone with you shows signs of illness from the cold, take action quickly. Even if someone claims to be all right, you should still act. Often the person will not realize how bad the situation may be. Get the person into dry clothing and a warm bed. Use a hot water bottle which should not be hot but warm to the touch. Use warm towels or a heating pad or any other source of heat to warm the bed. Put the heat on the person's trunk first. Keep the person's head low and his feet up. Give the person warm drinks. If symptoms are very bad, call for a doctor right away. ●

Recalling Facts

1. People who go outside in very cold windy weather usually
 - a. die.
 - b. get lost.
 - c. tire quickly.
2. Cold weather puts an extra strain on the
 - a. brain.
 - b. heart.
 - c. kidneys.
3. In cold weather, the face and mouth should be protected to keep cold air from the
 - a. eyes.
 - b. lungs.
 - c. throat.
4. Frostbite causes a loss of
 - a. feeling.
 - b. memory.
 - c. speech.
5. Alcohol makes you lose
 - a. added weight.
 - b. body heat.
 - c. extra water.

Understanding the Passage

6. Being out in very cold weather can be
 - a. dangerous.
 - b. fun.
 - c. helpful.
7. This article hints that
 - a. alcohol warms the blood.
 - b. wet clothes keep the body warm.
 - c. wool clothes are warm.
8. We can see that frostbite
 - a. does not require immediate attention.
 - b. makes the skin very white.
 - c. puts an extra strain on the heart.
9. If someone shows signs of illness from the cold, you should
 - a. get the person to drink some alcohol.
 - b. rub the person with snow or ice.
 - c. try to keep the person warm.
10. Which of these would be a good title for this article?
 - a. How to Handle Cold Weather
 - b. Old Wives' Tales
 - c. Weather Patterns of the United States