

Let's Talk About the Weather



Extreme Cold



Cold Kills!

Have Questions?

Contact UConn Extension
cahnr.uconn.edu/extension
extension@uconn.edu

*Extension is a part of the UConn College of Agriculture, Health, and Natural Resources.
© 2021 University of Connecticut. An equal opportunity employer and program provider.*

The Problem Know the Signs

- Shivering
- Mild confusion
- Cold to the touch
- Slurred speech

The Solution Take Action

- Seek shelter/get out of the cold
- Seek warmth
- Wear layers of warm, dry clothing
- Drink fluids and eat food

This work is supported by Smith-Lever Special Needs Competitive Grants Program 2019-41210-30065/1020290 from the USDA National Institute of Food and Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE