



Public Health Toolkit

Social Media



Department
of Health

GRAPHIC1:

COLD WEATHER TIP

Cold weather puts an extra burden on the heart. If you have cardiac problems or high blood pressure, follow your doctor's orders about shoveling or performing any strenuous exercise outside.

health.ny.gov/extremecold

FACEBOOK: *Get the cold weather tips you need.

* Learn more from **@NYSDOH - New York State Department of Health:**

https://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm

TWITTER: * Get the cold weather tips you need.

* Learn more from **@HealthNYGov:**

https://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm

INSTAGRAM: * Get the cold weather tips you need.

* Link in bio to learn more from **@nysdoh.**

https://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm

GRAPHIC2:

COLD WEATHER TIP

In high wind conditions, cold weather-related health problems are much more likely. Do not ignore shivering: it is an important sign that the body is losing heat and a signal to quickly return indoors.

health.ny.gov/extremecold

FACEBOOK: When outside, take extra precautions to reduce the risk of hypothermia and frostbite. Be sure the outer layer of clothing is tightly woven to reduce body-heat loss caused by wind. Get more cold weather tips from **@NYSDOH - New York State Department of Health:**

https://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm

TWITTER: When outside, take extra precautions to reduce the risk of hypothermia and frostbite. Be sure the outer layer of clothing is tightly woven to reduce body-heat loss caused by wind. Get more cold weather tips from **@HealthNYGov:**

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INSTAGRAM: When outside, take extra precautions to reduce the risk of hypothermia and frostbite. Be sure the outer layer of clothing is tightly woven to reduce body-heat loss caused by wind. Link in bio to get more cold weather tips from @nysdoh.

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GRAPHIC3:

Slide 1:

COLD WEATHER TIP

Never try to **thaw a frozen pipe with an open flame or torch** and be aware of the **potential for electric shock** in and around **standing water**.

health.ny.gov/extremecold

Department of Health

Slide 2:

COLD WEATHER TIP

To keep **water pipes from freezing** in the home, **let faucets drip a little, and open the cabinet doors.** This will allow **more heat** to get to **un-insulated pipes** under a sink or appliance **near an outer wall.**

health.ny.gov/extremecold

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Slide 2:



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COLD WEATHER TIP

Keep the heat on and set no lower than 55 degrees.

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FACEBOOK: Get more cold weather tips from @NYSDOH- New York State Department of Health:

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GRAPHIC 4:

COLD WEATHER TIP

DID YOU KNOW?

For **healthy people**, it's recommended to keep **indoor temperatures** between **64-75°F**. To protect the **very young, older adults, or people with health problems**, the minimum temperature should be kept above **68°F**.

health.ny.gov/extremecold

 Department of Health

FACEBOOK: @NYSDOH- New York State Department of Health has tips for getting help if your apartment, workplace, school or child's daycare is too cold for comfort. Learn more today.

https://www.health.ny.gov/environmental/emergency/weather/cold/cold_weather_tips.htm

TWITTER: [@HealthNYGov](#) has tips for getting help if your apartment, workplace, school or child's daycare is too cold for comfort. Learn more today.

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GRAPHIC 5:

COLD WEATHER TIP

What do **wood stoves, space heaters, electric heaters, kerosene heaters** and **pellet stoves** have in common?

health.ny.gov/extremecold

Department of Health

FACEBOOK: 🚨 Wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves have something in common. They can be dangerous unless proper safety precautions are followed. Get the cold weather safety tips from **@NYSDOH- New York State Department of Health:**

https://www.health.ny.gov/environmental/indoors/heaters/safety_guide.htm

TWITTER: 🔥 Wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves have something in common. They can be dangerous unless proper safety precautions are followed. Get the cold weather safety tips from **@HealthNYGov:** https://www.health.ny.gov/environmental/indoors/heaters/safety_guide.htm

INSTAGRAM: 🔥 Wood stoves, space heaters, electric heaters, kerosene heaters and pellet stoves have something in common. They can be dangerous unless proper safety precautions are followed. Get the cold weather safety tips from **@nysdoh.** Link in bio.

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