

SAFETY STEPS

STEP 1: CHECK YOUR CITY'S WEATHER FORECAST.

- Check the weather forecast up to a week in advance to prepare for changes in temperature and precipitation. S
- stay tuned for extreme cold weather warnings and storm or blizzard alerts.

STEP 2: PREPARE TO TRAVEL IN EXTREME WEATHER.

- Prepare to leave early to avoid traffic due to extreme weather.
- If you take transit, download the TransLink app to be notified of any bus or SkyTrain delays.
- For safety, avoid using an umbrella while walking during a storm or a blizzard.

STEP 3: DRESS WARMLY.

- Dress warmly and in layers to protect against the cold.
- Wear hats, gloves, thick socks, and scarves to protect your extremities.

STEP 4: STAY DRY.

- Wear waterproof gear to remain dry because wet clothing makes your body colder more rapidly.

STEP 5: SEEK SHELTER.

- When the temperature drops excessively and there are high winds, seek shelter and limit your time outdoors.

STEP 6: STAY INFORMED.

- Watch for signs and symptoms of hypothermia, frostnip, and frostbite.
- Some people are at higher risk of cold injuries, such as the elderly, children, and disabled people.