

# 5 tips for staying healthy during extreme cold spells



Because your health is all that matters!

- 01 If you take any prescription medications, make sure you have an adequate supply.
- 02 If you can't avoid going outside, dress very warmly to reduce the risk of frostbite.
- 03 Are you predisposed to asthma, sinusitis, or watery eyes? Use a humidifier to keep these conditions at bay.
- 04 If you suffer from respiratory or cardiovascular problems, don't overexert yourself when shovelling.
- 05 Keep your ears warm to prevent colds, frostbite, and infections, especially if you wear hearing aids.

If you have a health concern during an extreme cold spell, stay home and call your Brunet affiliated owner-pharmacist.

