

Are you ReadyPA?

TIP SHEET

NO WIND

98.6°F

Average temperature of the human body

Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.

The Science of Wind Chill

WINDY

95°F

Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.



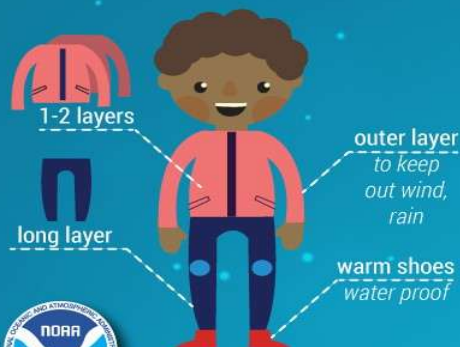
weather.gov/winter

DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



weather.gov/safety

COLD



EXTREME COLD



Warning Signs of Hypothermia



Confusion



Shivering



Difficulty Speaking



Sleepiness



Stiff Muscles



Seek medical attention if you think you or your loved ones have hypothermia or frostbite.



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Be Informed. Be Prepared. Be Involved.



www.ready.pa.gov