



WINTER HEALTH & SAFETY

GRAPHIC 1



CAPTION

Don't let the weather prevent you from being physically active! Indoor exercise can help prevent chronic disease no matter your age or ability: health.ny.gov/community/physical_activity/

GRAPHIC 2



CAPTION

No matter the weather, there's plenty to do to get moving! Physical activity helps prevent and treat a variety of chronic diseases. Find ideas to get outside and get moving: health.ny.gov/community/physical_activity/



Public Health Toolkit

Social Media



Department
of Health

GRAPHIC 3



CAPTION

Physical activity helps prevent and treat a variety of chronic diseases, and there are plenty of places to get out and walk, bike or hike, regardless of the weather! Some ideas to get out and get moving:

health.ny.gov/community/physical_activity/

GRAPHIC 4



CAPTION

When it's cold out, your risk of deadly carbon monoxide poisoning is highest because you are using more fuel-burning appliances. Make sure you test your carbon monoxide alarm and follow our advice to reduce your risk: health.ny.gov/environmental/emergency/weather/carbon_monoxide/



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GRAPHIC 5



CAPTION

When the power goes out, remember that using a generator indoors can kill you in minutes. Always keep working generators outside, away from windows, doors and vents. Learn more:

health.ny.gov/environmental/emergency/weather/carbon_monoxide/