

December – Winter health

Article for website or newsletter:

Keep your child healthy during winter

As the chilly winter season approaches, there are things you can do to help keep your children healthy and well.

Get ready for winter at home and in the community

Winter can bring extreme weather and it's important to have plans to be safe during cold weather, storms and power outages, including staying warm, having a carbon monoxide detector and planning for emergencies. Learn about programs that can support your family:

- [Get ready for winter: Snow and cold safety for you and your home - Fraser Health Authority](#)
- [Indoor air quality - Fraser Health Authority](#)

Bundle up for the cold

Dressing appropriately for cold weather keeps your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and warm, waterproof boots handy. Remind your child to wear these items before heading outside to play or going to school.

Learn about [hypothermia](#) and [frostbite](#) as children can be more susceptible.

Protect against winter illnesses

Winter brings an increased risk of colds and flu. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick. If they are sick and cannot stay away from others, masks can help to reduce the risk of spreading illness. Learn more about masks [here](#).

Keep their bodies moving

It is important to keep your child active during winter as regular physical activity is important for good health. Outdoor activities such as skating, sledding and going for walks as a family are all great ways to keep active. On colder days, indoor play and activities such as dancing, yoga or sports are great ways to promote movement. Look for drop-in programs at local community centres or indoor sports facilities.

If you play on frozen lakes or ponds, be sure that the ice has been tested for strength and safety. Learn more on the [Lifesaving Society's website](#).

Find more tips for a healthy winter on Fraser Health's [Winter Health](#) page.

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