gear up!

FOR THE COLD

COLD weather clothing:
- Keep it clean
- Avoid overheating
- Wear it loose and in layers
- Keep it dry

Watch for effects to the skin, such as:
- Swollen, red or darkened
- Pain, tenderness, hot or itchy
- Numbness or tingling
- Bleeding or blistered
- Gray, waxy feeling or "wooden" to the touch

Other symptoms to look for include:
- Dizziness, weakness or blurred vision
- Uncontrollable shivering
- Lack of coordination and impaired judgment
- Painful, red, watery or gritty feeling in the eyes (snow blindness)

ARMY SAFE
FALL WINTER
NO TIME TO CHILL

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