



## Winter Weather Safety

One of the best things about winter is the snow! Lucky for us, Wisconsin never seems to have a lack of it. Before heading out to brave the elements, it is important to remember these safety tips.

### Dress for Success!

- Dress in layers for warmth. It is better to take a layer off if you are too warm than being cold or exposed and wishing you had more.
- Cotton may not keep you very warm. Other fabrics like wool are better suited for the cold.
- The cold can be dangerous. Make sure you are not leaving skin exposed by wearing gloves, a hat, and a facemask or scarf when appropriate.
- Don't forget your sunscreen. Did you know the snow can reflect 85% of the sun's ultraviolet rays. Who knew you could get sunburn in December!



### Be vigilant!

- Hypothermia and frostbite are common in extreme weather.
- Watch your skin to see if it becomes red, numb, or tingly from the cold. If this happens, get to a warm place. Remove any wet clothing. Consider running the chilled body parts under warm (Not Hot!) water.
- If you are out in the cold and start to shiver, feel very tired, or become confused, get to a warm place! You should look to remove wet clothing, use dry layers of blankets, or warm beverages to raise body temperature back to normal.
- In an emergency, take action, and seek medical attention immediately.

Source: Center for Disease Control and  
kidshealth.org

# Holidays Around the World

- There is more to December than just the cold and snow. Let's take the time to see what people are celebrating throughout the world!

Source: interfaith-calendar.org

## December 8th: Bodhi Day

A celebration in Buddhism commemorating the enlightenment of Buddha. People will go to service, reflect on the words of the Dharma, and some sit for a traditional meal

## December 13th-20th: Hanukkah

Hanukkah is known as the Jewish Festival of Lights. It is celebrated over eight days through song and readings.

## December 25th: Christmas

A Christian holiday celebrating the birth of Jesus Christ. People celebrate through prayer, the exchanging of gifts, and family parties. Santa and his reindeer also stop by!

## December 26th—January 1st: Kwanzaa

A celebration honoring African heritage in family, community, and culture.



## Recipe of the Month

This month it's banana pancakes. With only three ingredients, this recipe is quick, easy, and delicious!

1. In a bowl, mash two over-ripe bananas (The back of a fork works well)
2. Crack and whisk in two eggs
3. Add  $\frac{1}{2}$  cup of peanut butter, continuing to whisk.  
\* Add a dash of cinnamon to make these four ingredient banana pancakes!\*
4. Spray or grease a pan on low-medium heat.
5. Spoon batter on and cook until bubbles form and the edges are dry. (approx. 2-3 minutes)
6. Flip and cook until browned on the other side
7. Repeat cooking process with remaining batter



Recipe provided by: <http://allrecipes.com/recipe/240558/3-ingredient-pancakes/>



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