

## Your Health This Winter

With cooler temperatures, shorter days and the flu and cold season, winter may bring changes to our health. Many of us may find it hard to get enough physical activity. The snow and ice can create hazards that can make walking, playing and working outdoors difficult. Many of us will come down with the flu or catch a cold. Throughout the winter, it is important that we continue to stay active, eat healthy, and take care of our families and ourselves.

Learn about staying healthy and safe this season.

### Be Prepared

PreparedBC is British Columbia's one-stop shop for disaster readiness information. For tips on seasonal readiness, how to prepare an emergency plan and what to include in an emergency kit, visit [PreparedBC Public emergency preparation and recovery](#).

- Follow PreparedBC on [Facebook](#)
- Follow PreparedBC on [Twitter](#)

### Emergency Shelters

Emergency shelters provide a temporary place to sleep, eat and wash for anyone who is homeless or at risk of homelessness. Some shelters may offer additional services such as meals, secure areas for belongings and a resource room with computers, phone or TV. Access to medical support, support staff and individualized help from a caseworker may be available. Find emergency shelter information and resources, including extreme weather shelters here:

- [BC Housing: Shelter Map](#)
- [BC211: Shelter and Street Helpline](#)

### Warming Centres

EmergencyInfoBC has a list of warming centres and emergency shelters that can provide protection from [Hypothermia and Cold Temperature Exposure](#) during extreme cold weather. Find [Warming Centres on the EmergencyInfoBC](#) website.

### Featured Topics

#### Common Illnesses and Injuries During Winter

Colds and flu, and some conditions and illnesses are more common or are worse during the winter months. The holidays can also be a stressful time for many people and may cause some of us to experience seasonal affective disorder (SAD). In addition, the snow and ice can create

hazards that increase the risk of falling and hurting yourself. To learn more about some of these common conditions, visit [Common Illnesses and Injuries During Winter](#).

## **Cold Weather**

Throughout the winter, temperatures will drop and it may be very cold outside. Learn about cold exposure and the steps you can take to protect yourself and your family:

- [Cold Exposure: Ways the Body Loses Heat](#)
- [Cold Exposure: What Increases Your Risk of Injury?](#)
- [Cold Temperature Exposure](#)
- [Dry Skin and Itching](#)
- [Hypothermia and Cold Temperature Exposure](#)

## **Healthy Living During Winter**

Healthy eating and physical activity promotes and supports social, physical, and mental well-being for everyone, at all ages and stages of life. For advice on what you can do to live a healthy lifestyle, visit the [Healthy Living During Winter](#) page.

## **When to Visit the Emergency Room**

The Emergency Room (ER) in hospitals can be very busy during winter months. Prepare and learn when you or a family member may need to use the ER. To learn more, see:

- [BC Children's Hospital: When to bring your child to the BC Children's Emergency Department](#)
- [Fraser Health Authority: The cold facts on childhood fevers](#)
- [Fraser Health Authority: Your Healthy Winter Guide 2022/23](#)
- [When to Visit the Emergency Room](#)

## **Useful Websites**

### **BCCDC: Safer celebrations and ceremonies**

With COVID-19 still a concern across the province, here are some things you can consider for [safer social interactions](#).

### **Fraser Health Authority**

For tips to keep you fit, healthy and happy over winter, visit [Your healthy winter guide](#).

## Island Health

For tips to keep you fit, healthy and happy over winter, visit [Holiday wellness: Tips to stay safe this season](#)

## Vancouver Coastal Health

For ways to prevent falls this winter, see [Fall Prevention Tips](#).

For ways to choose the right place for care, see [Holiday Care](#).

## ImmunizeBC

ImmunizeBC works to improve the health of British Columbians and reduce the number of infections by vaccine-preventable diseases. They provide information on immunizations to individuals, families and health care providers. They also provide tools to make it easier for B.C. families to get immunized:

- [A Parent's Guide to Vaccination](#) (PDF 1.72 MB)
- [Get immunization reminders by text message!](#)
- [ImmunizeBC](#)
- [Public Health Unit Finder](#)

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