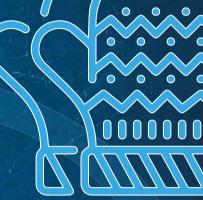


Recommendations for Citizens DURING EXTREME COLD

Wear multiple layers of clothing, warm socks, a hat, a scarf, and gloves. Outerwear should be wind, rain, and snow-resistant. Keep spare dry clothes at hand in case of wetness.



Do not touch frozen metal objects with bare hands or other parts of your body



Regularly moisturize your hands and face, and use lip balm



Avoid staying outside in freezing air for too long



Protect your pets from the cold

