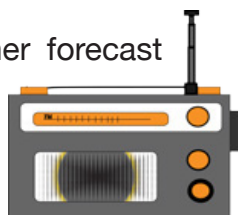


Extreme cold spells

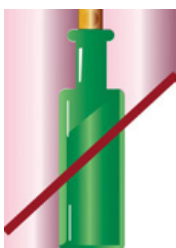
Pay attention to the weather forecast and the instructions given by the authorities.



Wear warm clothing and footwear. Put on several layers of clothes to maintain your body heat. Protect yourself from the cold with a hat, scarf and gloves. Try not to breathe cold air straight into your lungs. Avoid sudden temperature changes.

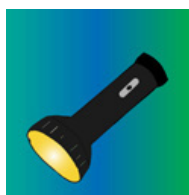
Keep an eye on your family and neighbors, especially the elderly. Don't let babies, the elderly and people with respiratory illnesses go outside. If they have to go out, they should avoid open spaces exposed to the cold and should not keep still for long.

Don't drink alcohol: it can give a false impression of warmth.



Adapt outdoor activity for **work, sports and leisure** to the cold. If you make strenuous physical efforts, you run the risk of injuring yourself.

At home make sure you have ready a transistor, spare batteries, electric torches, high-energy foods, heating fuel, a first-aid kit and a small supply of medicines for the chronically ill.



In isolated areas, in case of extremely low temperatures, leave the taps open a little to **prevent the waterpipes from freezing** and wrap cloths around the water valve to protect it.



Don't use candles. If there is no other alternative, put them in candleholders so that they don't fall over. Always remember to put them out before going to bed or going out and don't let children play with them.

Be careful with boilers and heaters. The house needs ventilating for a few minutes every day. Keep children away from stoves, braziers and fireplaces and keep lighters out of their reach. Don't put clothes or other objects on top of them to dry. Keep heating appliances away from curtains, furniture, beds and mattresses. If an appliance doesn't work properly or smells strange, don't use it.

If you are in a room with a wood, coal or gas stove, a brazier or a boiler and you **start feeling dizzy**, air the room at once. Call 112 if you feel unwell or think you have been intoxicated by faulty combustion or if you find someone unconscious when you get home.

Driving: Only use the car if it is really necessary. Avoid going out at night. Follow the advice of the Catalan Traffic Service. Make sure the fuel tank is full, that you have snow chains and that you know how to put them on. Check the tires, antifreeze, battery, lights and brakes. Wrap up warm and take a fully-charged cell phone and charger, water and high-energy foods. In mountain areas, use winter tires. Watch out for patches of ice on the road. If you have the heating on in the car, leave the window open to let in the fresh air.

