

During the winter season

PREPARE YOURSELF THE COLD WEATHER

Respiratory diseases increase during winter, as does the probability of suffering intoxications from carbon monoxide generated by coal burning stoves in places without proper ventilation.



In Mexico, the impact of low temperatures occurs from November to January, mainly in Baja California, Chihuahua, Distrito Federal, Durango, Hidalgo, Estado de México, Michoacán, Morelos, Puebla, San Luis Potosí, Sinaloa, Sonora, Tlaxcala and Zacatecas.



Learn more

National Center for Disasters Prevention
www.gob.mx/cenapred

Call **911** in case of emergency

Source:
National Center for Disasters Prevention

❄ The most vulnerable groups are children, chronically ill people, pregnant women and elderly.



❄ Take care of your health:



- * Cover yourself with several clothing; they keep you warmer than a single thick one.
- * Drink hot liquids to maintain your regular corporal temperature.
- * Eat fruits and vegetables rich in C vitamin, such as oranges, tangerines, guavas, strawberries, plums, bell peppers, broccoli, among others.
- * When going out from a warm place, cover your mouth and nose.

❄ Avoid intoxication:



- * Do not use stoves or ovens to keep your house warm.
- * Do not sleep close to heaters since they produce **carbon monoxide**, which is dangerous and may cause death due to being a colorless and odorless gas, lighter than air.
- * Keep ventilated the areas with sources of combustion or heat.
- * Verify that ventilation conduits are free of clogging.
- * If you install any kind of heater, follow the instructions for use and maintenance.

❄ Remember:



- * Carbon monoxide does not irritate the mucus membranes, but may cause headaches, dizziness, loss of consciousness and vomit; it can also produce permanent neurological damages and death.
- * If you think that you are intoxicated, vent the place where you are and call health services or the local Civil Protection authorities.



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