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Food and Environment
Cooperative Extension Service

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AGRICULTURE & NATURAL RESOURCES NEWSLETTER

Nothing is out of reach!

JANUARY 2025

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Chad Allen

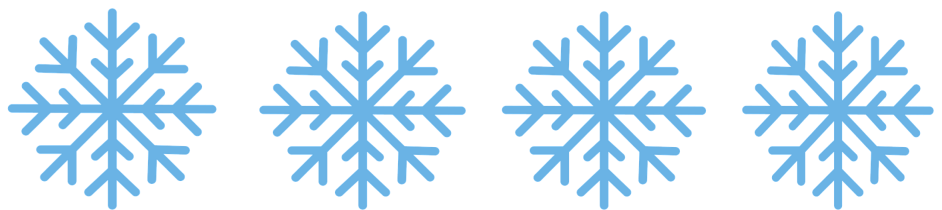
Chad Allen
County Extension Agent for
Agriculture & Natural
Resources

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

UPCOMING DATES OF INTEREST

- January 6-8 KY Fruit & Vegetable Conference
Marriott Griffith Gate (Lexington, Ky.)
- January 7 Floyd County Beekeepers Association Meeting
Extension Office 6:00pm
- January 9 Floyd County District Board Meeting
Extension Office 5:30pm
- January 10 Floyd Co. Farmers Market-ARH Highlands 8AM-2PM
- January 13 Ag Council & Ag development Council Meeting—
Extension Office at 6:00PM (call to register)
- January 15-17 Kentucky Cattleman’s Association Conference—
Owensboro Convention Center
- January 20 Martin Luther King, Jr. Day
Office Holiday—EXTENSION OFFICE CLOSED
- January 24 Floyd Co. Farmers Market ARH-Highlands 8AM-2PM
- February 4 Floyd Co. Farmers Market Meeting-Extension Office
at 6:00PM



Other programs will be announced at a later time.

If you have a special request for programs or are in need of information on a topic, contact me at the Floyd County Extension Office.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

What to Do in January & February

These are a few suggestions that may help you and your plants during this time. I will divide the suggestions into groups, so you can refer to them.

Herbaceous plants

- On warm days, check to see if any perennials have been heaved by freezing and thawing of soil. Firmly press down any that have lifted and cover with at least 2 inches of organic mulch.



- Plan herbaceous flowerbeds now. Changes can be made early in the spring. Many perennials will need to be divided. Arrange to trade with friends or neighbors. Designate locations in the flowerbed for spring blooming perennials and fall asters.

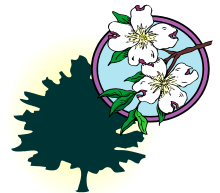
- Tuberous begonias and caladiums can be started indoors in February. Set roots in pots or shallow boxes of rich soil (1/3 sand, 1/3 peat, and 1/3 loam). Cover with 1 inch of mixture. Keep the pots moist, not wet, and in good light at 65 degrees F. Transplant to larger pots in 6 weeks and set outside after all danger of frost.

- If a few consecutive warm days have caused your bulbs to nose out from under protective mulch, plan to thicken the mulch layer to prevent freezing by exposure.
- Start warm-season annual flower seeds indoors during February. Provide plenty of light.
- If you potted bulbs of daffodils, crocus, tulips, or hyacinths in the fall, bring them indoors now to force them into bloom. Place pots in a cool window that receives direct sunlight for at least a few hours each day. Allow soil to dry partially between each watering.



Woody Ornamentals

- During winter thaws, water newly planted and established evergreens, especially those on the south and west sides of the house.
- Winter is the best time to apply miscible oil sprays to kill overwintering mites, aphids, and scale on deciduous trees and shrubs. Spray miscible oils when temperatures are above 40 degrees F, but not within 24 hours of a freeze. Because the oil kills insects by suffocation, avoid spraying on windy days to ensure that all surfaces of the plant are covered.
- When using salt to melt ice on walks and drives, spread it carefully to avoid damage to nearby shrubs. Damage to needle-type evergreens will be evident next spring by copper and yellow tones. Damaged deciduous plants will have bronze or reddish leaves. Consider using sand or sawdust instead.
- When choosing a location for new shrubs and trees, remember spots that are sunny in the garden now may be shady in spring or summer. Ornamentals, such as azaleas, camellias, and dogwood prefer shade.
- Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow and ice accumulating on the branches. Prop up



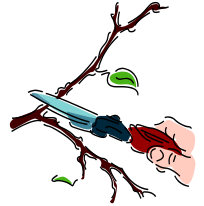
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Lawns

- Avoid heavy traffic on dormant lawns. Dry grass is easily broken, and the crown of the plant may be severely damaged or killed.

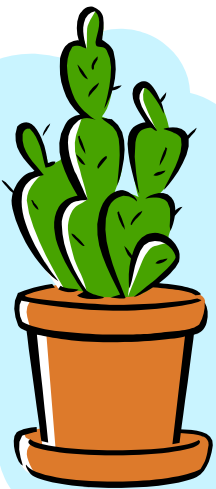
Fruits

- Order rootstock prior to pruning fruit trees if you would like to graft new trees.
- Examine the soil around the base of the trees for depressions, which can trap water in the root zone. The ideal topography is soil sloping away from the trunk so the water will drain off.
- Prune grapes in February. If this job is left too late in the season, bleeding from the cuts will occur.
- Some mulching may be considered to prevent winter damage.
- Prepare all your pruning equipment and make sure they are clean and in good working condition. It will not be long until the apple, peach, and pear trees will require pruning.



Indoor plants

- Turn and prune houseplants regularly to keep them shapely. Pinch back new growth to promote bushy plants.
- Remember cacti go dormant during the winter, so be sure to keep them cool (around 50F) and withhold water until they show signs of growth in spring.
- Remember, some indoor plants require more sunlight than others, arrange them accordingly.
- Be aware of how temperature and humidity can affect your houseplants.
- Check all houseplants closely for insect infestations. Quarantine gift plants until you determine they are not harboring pests.
- Over-watering indoor plants encourages root rot. Water when the soil is dry to the touch.
- Keep winter fertilization of most houseplants to a minimum because plant growth is now at its slowest.



Vegetables

- It is now a good time to order or purchase your seeds prior to the growing season. You may have more of a selection. You may also want to order rhubarb, asparagus, strawberry, blackberry, and raspberry transplants for setting out in March.



Additional information can be received from the UK Cooperative Extension Service

– Floyd County Office.

The Importance of Practicing Safety on the Farm

Children can learn many valuable life lessons while working with livestock, and everyone loves to see children and animals working together. However, it is important to remember livestock can be dangerous. Injuries from livestock-related accidents are a major source of injuries to children in agricultural settings.

According to the National Safety Council 17 percent of all farm injuries involve animals. It is important to think about how those injuries could be prevented and make changes on your farm to prevent additional accidents, particularly if there are children around.

Animals and humans sense their surroundings very differently, so it is important to recognize those differences and use that information to help handle animals with greater safety. Animals do not see color the way humans do. They also do not have good depth perception. They have a fear of stepping over grid patterns. These are the reasons cattle guards are good ways to keep cattle in and allow vehicles to cross. Livestock have extremely sensitive hearing, which is why loud noises frighten animals and high frequency sounds hurt their ears.

Finally, animals are very protective of their young and could become dangerous if they perceive harm to their young. These issues help explain why animals can balk or become skittish in unfamiliar surroundings.

It is important to teach children safety measures for interacting with livestock, whether they will be working with them on a daily basis or visiting for the first time. Here are a few important tips:

- Avoid loud noises and sudden movements
- Wear closed toed shoes, preferably steel toed boots
- Stay away from the rear legs
- Approach large animals at the shoulder
- Stay away from animals with newborns
- Stay away from bulls, boars, or rams
- Have an escape route when working with animals in close quarters

Following these safety measures can reduce the risk of injury while working with livestock. Remember, be alert and always respect animals. They may look friendly, but they can be dangerous and unpredictable in certain situations.

The source of this article was Larissa Tucker, UK Extension Associate for Dairy. For more information on farm safety, please contact me at the UK Cooperative Extension Service – Floyd County Office.

Updating Mailing List – Receive Your Newsletter Electronically

If you would like to update your mailing address or be removed from this mailing list, please contact the U.K. Cooperative Extension Service – Floyd County Office, to do so. The phone number is 606-886-2668.

If you would like to receive your newsletters via email, you may choose to do so. Please call the office or email me your request at khackwor@uky.edu.

Protecting Livestock from Cold Weather



Providing sufficient water, ample high-quality feed and weather protection are the three most important things you can do to protect livestock from cold stresses this winter. Cold stress reduces livestock productivity including rate of gain, milk production and reproductive difficulty and can cause disease problems.

Pay special attention to very young and very old animals that might be less able to tolerate temperature extremes and have weak immune systems. Also monitor heifers and cows as calving time approaches. They have a high risk of frostbite because the swelling of the udder and teats causes poor circulation.

Dehydration and hypothermia are the two most likely livestock life-threatening conditions for livestock in cold weather. Animals usually

tend to drink less water in severely cold conditions, increasing the risk of dehydration. Many animals, especially young ones, might not know how or be able to break through ice to reach water. In addition, livestock need water to aid digestion, which produces heat when fiber breaks down.

Be sure your livestock always have plenty of clean water in liquid form. Dirty water is a host for disease organisms. Disease can rapidly spread if animals drink from the same trough containing filthy water. If an animal gets sick, isolate it from the trough and thoroughly clean and disinfect the trough. Also, be sure to keep animals clean.

Water ranging from 40 to 65 degrees Fahrenheit is the most ideal temperature to ensure adequate livestock intake under cold conditions.

The amount of daily water needed varies based on the temperature and animals' size, lactation, and feed intake. Generally, horses will need eight to 12 gallons of water per day; cows, seven to 12 gallons, and sheep and goats, one to four gallons.

Necropsies (autopsies) have shown that dehydration, not cold, often causes livestock deaths during the winter and early spring.

Before severely cold weather arrives, haul extra feed to the feeding area. It is important to provide extra hay, forage, or feed because livestock might need up to twice as many calories to maintain normal body heat under extremely cold conditions.

Livestock produce body heat through fiber fermentation, which produces heat while releasing energy. Good quality grass or alfalfa hay is the best source of total digestible nutrients for cold weather. Feeding some concentrates also provides energy to maintain body temperature.

Finally, it is important to provide some sort of protection for livestock because wet conditions and wind chill add to animal cold stress. Cattle producers in one state reported that calving success increased by an average two percent when cows had protected from a windbreak.

Windbreaks provide protection for livestock, especially young animals. Reducing the winter wind speed lowers animal stress, improves animal health, decreases the amount of feed needed to maintain body temperature, increases feeding efficiency and increases profitability. A windbreak should be designed to meet needs of the specific livestock operation.

Windbreaks also have the advantages of providing wildlife habitat, protecting the working environment of the livestock area and screening noise and odors associated with livestock operations.

Using a three-sided shed opening away from prevailing winds is another way to protect livestock from the cold and wind. Be sure to allow enough room for livestock to enter the facility and to be protected from the wind. Also provide clean, dry bedding to provide insulation from the cold ground.

If you keep animals in a barn, be sure to reduce drafts inside. A low temperature is not so cold when the wind speed is lower.

*For more information, contact me at the UK Cooperative Extension Service
– Floyd County Office.*



Winter Management Can Decrease Insect Problems

Cold temperatures cause insect populations to decline, but many insects can survive in trees or crop residues left in fields or gardens during the winter. By practicing pest management now, producers can lessen the number of insects overwintering, and thus lower the number of insects that reemerge during the next growing season, said Ric Bessin, extension entomologist with the UK College of Agriculture.

When producers harvest their vegetable crops, oftentimes plants and vegetables that are undesirable or not fully developed are left on the ground. These residues are attractive food sources and shelters for numerous insect pests including corn earworm, squash vine borer and squash bug.

In order to survive the winter, insects need to reach a certain stage of development. Crop residues left on the ground allow them to complete their development.

Bessin said despite the size of a farming operation, removing the residue hinders insect growth and survival. For some producers, plowing or disking fields is a great way to rid the surface of residue and provide some organic matter to the soil. Home gardeners can remove residue from their beds and compost it.

In addition to overwintering in crop residues, some insects and mites can survive through the winter in egg and nymph stages in fruit and ornamental trees. Horticultural or dormant oils can kill many of these insects.

“It is less disruptive to control pests during the winter with oils than in the summer with other pesticides,” he said.

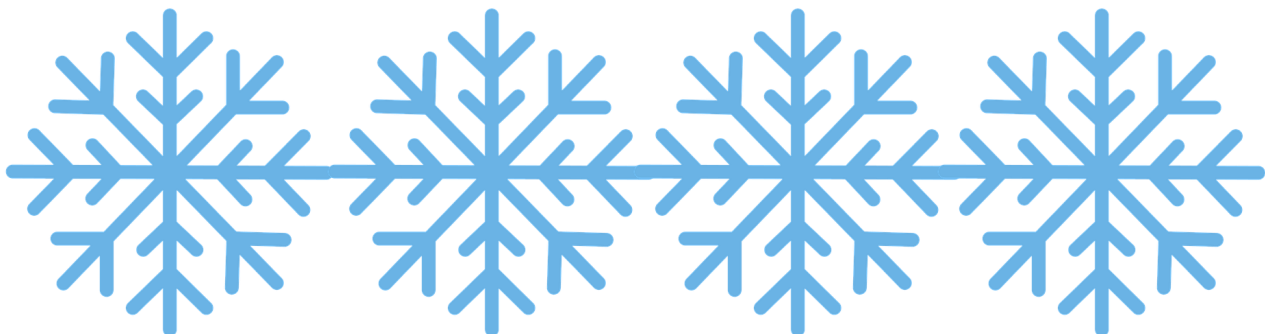
Producers who use oils should carefully read labels and exactly follow directions. Different kinds of oils are used in different situations. “While dormant oils are normally safe, they can be over applied, which could cause damage to the trees,” Bessin said.

Oils should be tested on a small number of plants or a section of a tree limb before they are applied to an entire field or orchard. Any negative effects will appear within a few days.

Timing is also important to killing some insects, including the San Jose scale. To prevent reemergence of this insect, producers should apply oils during January and February. Oils that protect against other pests, including the European red mite and the rosy apple aphid, should not be applied until after bud break. Oils are available at most places that sell gardening supplies.

For more information on insect control, contact me at the U.K. Cooperative Extension Service

– Floyd County Office.



Control Lice Before They Reduce Beef and Dairy Profits this Winter

Lice can suck the profits out of your beef and dairy cattle herds during the winter. These cold-loving pests spread when animals bunch together in response to frigid temperatures, and we have already had plenty of those.

You can reduce potential lice problems on cattle by keeping new animals separate from your herd until you have given them a thorough louse treatment, generally two applications of a contact insecticide.

The first application kills active adults and immature lice, but it will not destroy nits on the hide. A second application targets new hatchlings from the nits and any other lice still around. Be sure to follow the label instructions on treatment intervals. After these two treatments, you can add new animals to the herd with minimal chance of lice problems during the winter.

Do not use systemic insecticides during the winter unless you know the treatment history of newly bought cattle. This is because migrating grubs might be in sensitive locations and cause an adverse reaction this time of year.

The source of this article was Lee Townsend, UK Extension Entomologist. For more information on controlling lice and other livestock insect pests, contact me at the UK Cooperative Extension Service - Floyd County Office.

Get an Early Start on Spring Gardening

You do not need to wait for warm weather to start your vegetable garden. Did you know there are several types of vegetables you can start as early as March?

Radishes, spinach, cabbage, broccoli, lettuce, onions and many more vegetables are all quite frost tolerant, and you can seed or transplant them in the garden from mid-March to early April.

If you want to get an even earlier start, you could try covering an area with clear plastic film to create a mini greenhouse where plants will thrive. To try this season-extending technique first work up the soil for your plot and stretch some black plastic over the area for a couple of weeks. This will help warm the soil and give seeds and transplants an added boost.

After a few weeks under black plastic, the soil will have warmed a few degrees, and you can prepare the bed for planting and transplanting. Once planted, you should install a wooden or metal frame over the bed and cover it with clear polyethylene film. Anchor the film at the base with boards, bricks, or soil, but remember that occasionally you will have to remove the poly to tend to the plants and to harvest the crop.

For this reason, it is best if you do not permanently attach the plastic to the frame. It will also be necessary to open sections of the covering for ventilation on warm sunny days. You can easily accomplish this by designing the ends of the covering so you can easily open or remove them during warm weather.

The source of this article was Rick Durham, UK Extension Consumer Horticulture Specialist. For more information on early spring gardening techniques or other gardening topics, contact me at the UK Cooperative Extension Service – Floyd County Office.

Cold-Weather Horse Nutrition

Winter is officially here. Consider yourselves lucky that your horses do not have to deal with temperatures that consistently dip into the negative digits. However, do you consider your horse's nutritional needs and how they change even with mild Kentucky winters? Here are some ideas to consider when feeding your horses this winter.

The first thing every horse owner should do is assess your horses' body condition scores, or the amount of fat they are carrying. This is simple numeric system, ranging from 1 to 9 that will help you adjust your horses' diets, so they are carrying the perfect amount of body weight. If you need help with this, the University of Kentucky Cooperative Extension Service published a fact sheet titled, "Condition Scoring Your Horse," and you can contact me here at the Floyd County Extension office for a copy of ASC-145. Using this system will help you keep feed costs down and your horses' health and well-being in top shape.



No matter your horses' body condition scores, one of the most important aspects of feeding horses during the winter is being able to provide a source of good-quality forage. Without question, this is a difficult task considering the current availability of affordable, good-quality hay. But unless you have a well-planned rotational grazing system in place and have stockpiled forage that will last until spring, purchasing hay is essential. Square or round bales are perfectly acceptable when correctly managed; however, you will have a better idea of how much hay your horses are eating when providing them with square bales on a daily basis.

Unless you are raising broodmares or growing horses, most horses should be fed at least 50 percent of their total daily diet as forage. For an average 1,000-pound horse fed at 2 percent body weight per day, that would be at least 10 pounds of hay per day. In addition to providing nutrients, hay also supplies heat to the horses through the digestive process.

It is best to provide hay in some sort of feeder when you are group feeding your horses outside. In most situations, a hay feeder will reduce the amount of wasted hay by 20 percent or more. Horse owners have a couple of other forage alternatives to hay such as hay cubes or complete feeds that contain a high level of fiber, such as beet pulp. These may be more expensive in the long run but offer another way to provide a source of fiber to your horses.

If your hay is of high-nutritive value and your horses are maintaining their body condition scores throughout the winter, you may not have to provide a source of grain at all. However, if your horses are not meeting their nutritional needs with hay alone, you can add grain to their diet. Remember, grain should supplement a horse's diet as most of their nutrient needs should be met by the forage source.

Water is an essential nutrient that you need to monitor very carefully during the winter months. In general, horses tend to increase their consumption of water when consuming more dry matter or harvested forages. But they tend to not want to drink really, really cold water. Therefore, it is important to make sure you provide fresh water daily on a free-choice basis. When the temperature dips into the 30s and below, water tanks may freeze up. Be sure to check them at least twice a day and break the ice up if needed so the horses can drink. You can also install a water tub or bucket heater to keep the water from freezing. When installed properly and monitored closely, these can be helpful tools to keep fresh water available at all times for your four-legged friends.

Make sure you especially monitor older horses that have trouble keeping weight on during the year. They may need some special attention to keep them in good weight throughout the winter.

Using these simple tools can help you and your herd make it through the winter in good health and body condition. If you have questions about your horses' diet, contact me at the UK Cooperative Extension Service – Floyd County Office. The Source of this article was Bob Coleman, Extension horse specialist.

Radon is Invisible, Tasteless, Odorless and Dangerous

Radon is the No. 1 cause of lung cancer after smoking. It annually kills more than 21,000 Americans and accounts for about 12 percent of all cancer deaths. But you do not have to be a victim.

Radon is a radioactive gas that comes from the natural decay of uranium that is found in nearly all soils. Typically, it moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Once radon is in your home, it can get trapped and build up. Any home can have a radon problem—old, new, drafty, well-sealed and homes with or without basements. Approximately one in 15 homes in the United States has elevated radon levels.

Exposure to radon may not cause immediate damage, but the long-term threat of lung cancer is very real. As radon decays, it emits radioactive particles, and when you inhale them, the particles overwhelm your cells with cancer-causing radiation and cause lung damage.

Radon testing is easy and inexpensive and will only take a little of your time. Do not rely on your neighbor's test results to assess your own home; radon levels vary from house to house. If you find elevated radon levels in your home or office, you will have some simple options to decrease it, thus greatly reducing your risk for developing lung cancer.

For more information on radon facts and testing, contact your local health department or the UK Cooperative Extension Service – Floyd County Office.

Recommendations for Taking Soil Samples

Soil testing is an important management practice for gardens, pastures, lawns, landscapes, croplands, and other agricultural lands. It is used to properly inform the producer or landowner of the amounts of nutrients (fertilizer and lime) needed for the best results. Soil testing can save you money and/or increase production.

The result of a soil analysis is no better than the sample you collect. Since a pound of soil can represent several acres, take samples that depict the area on which you want fertility data. Take random core samples at a uniform depth throughout the area. Mix cores together well in a clean, dry plastic bucket; then fill the sample box and take it to the Extension office.

Collect cores at the same time each year so you can compare results from year to year. Although you can take samples through much of the year, fall and spring are the best times to take them. Do not take cores when soil is too wet because it is difficult to mix them well and they are hard to handle. The soil should be dry enough to till when you take samples.

The Floyd County Conservation District offers a service of soil sampling and covers the cost of testing to the residents of the county, if their technician takes the samples. You can contact them to schedule this service at 606-889-9800. I encourage you to take advantage of this opportunity.

The other option is taking the sample yourself and paying the testing fee. If you chose to do this, bring samples containing at least a quart of soil to the Extension Office. For more information on collecting samples or related questions, contact me at the UK Cooperative Extension Service – Floyd County Office.



Taking Care of our Other Feathered Friends

Now is a great time to set-up bird feeders. Various natural foods (wild cherries, dogwood, and holly berries) become increasingly hard for birds to find during winter. Supplementing their diet will provide them with enough food to keep warm during cold, winter nights. Even though most birds are generalists and eat a variety of foods, many birds have preferred foods. By selecting foods that are known to attract the birds you want to see, you will be less bothered by birds you don't care to see, like starlings. Black oil-type sunflower seed attracts most seed-eating birds. Another good food is millet, known as white prove or white millet. Millet attracts sparrows, cowbirds, and juncos. Seed mixes that contain peanut hearts strongly attract starlings. Rather than buying mixes, you may have better success, and save some money, by buying black oil-type sunflower and white millet separately, in bulk. A fly-through or platform feeder will accommodate most bird species, or you may choose to select for specific birds, like goldfinches and pine siskins, by using tube type feeders. The list below matches birds to the different seeds and other foods they prefer.



Brown-headed Cowbird – white and red millet

Blue Jay – sunflower seeds (all types), peanuts, cracked nuts, shelled and cracked corn, suet

Cardinals – sunflower seeds (all types), safflower, cracked corn, shelled and broken peanuts

Eastern Towhees – white millet, sunflower seeds (all types), cracked corn, shelled and broken peanuts

Evening Grosbeak – sunflower seeds (all types), cracked corn, shelled and broken peanuts

Goldfinches – niger thistle, hulled sunflower seeds, black oil-type sunflower seeds

Grackles – hulled sunflower seeds (all types), cracked corn

House Finch – black oil-type sunflower seeds, niger thistle

Juncos – white millet, fine-cracked corn

Mockingbirds, Brown Thrashers, Robins, Thrushes, Catbirds – cut apples, oranges, raisins, bread crumbs

Mourning Doves – black oil-type sunflower seeds, safflower, white millet

Purple Finch – sunflower seeds (all types)

Sparrows – white millet, black oil-type sunflower seeds, wheat, bread crumbs

Woodpeckers, Chickadees, Titmice, Nuthatches – black-type sunflower seeds, cracked nuts, shelled and broken peanuts, bread crumbs, suet

Other foods like suet, fruit halves nailed to a tree or post, peanut butter smeared into pinecones or onto the side of a tree, and old breads and cakes can increase the diversity of birds visiting your backyard. In addition to food, birds will readily use water placed near feeders. The attractiveness of a feeder location, either surrounded with trees and shrubs or in a wide-open lawn, will directly affect the number of birds that visit your feeder. Place feeders in a somewhat open area with both deciduous and evergreen trees and shrubs nearby for shelter and escape cover. Try to situate it so it is protected from strong winter winds. Many people believe that if you begin a feeding program, it must be maintained without interruption. Birds waste little time at empty feeders and although it is true that supplemental food helps birds survive the winter, occasional periods where feeders are empty will unlikely result in starvation. Remember to clean feeders periodically with hot, soapy water and a capful of bleach. Bottoms of platform feeders (and others that might hold water) should have small holes drilled into the bottom to allow water to drain after a rain.

Finally, beware of house cats. Research shows that house cats are extremely efficient predators and can severely reduce the number of birds visiting feeders. If you have a cat, consider keeping it inside and/or putting a bell on its collar. *The source of this article is Kelly Jackson, the Christian County Extension Agent for Horticulture. For more information on birds and winter feeding, contact me at the UK Cooperative Extension Service – Floyd County Office.*

Winter Safety!



Brandon Peloquin - National Weather Service Wilmington, OH

Jane Marie Wix - National Weather Service Jackson, KY



Wintertime can bring a wide range of hazards, whether it be exposure to the cold (for you and your animals), slick surfaces and roads that can lead to accidents and falls, or fires resulting from the improper use of heaters. Hundreds of people are injured or killed each year as a direct result of winter weather.

Here are some tips to remember when winter turns especially harsh:

-Stay dry to stay warm! Wet clothes result in much faster heat loss.

-Wear multiple layers. Wool keeps you warmer than cotton because wool fibers trap air pockets and when wool is exposed to damp conditions, it wicks moisture away from your skin and helps keep you dry.

Cover everything you can! At least half your body heat can be lost if your head isn't covered.

Avoid overexertion, such as shoveling heavy snow, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

Remember the animals! - make sure they have access to melted water, plenty of food, and shelter to keep them protected.

Stay informed on the latest weather forecast. All Kentucky National Weather Service offices have a phone line the public can call to get a weather forecast for their areas. Also, NOAA Weather Radios are specially built radios that only play a recorded forecast and other weather information. These can be purchased in many stores.

It's also important to know the signs that someone is getting too cold. Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce it. Confusion, shivering, difficulty speaking, sleepiness and stiff muscles are all signs of hypothermia and signs that medical attention is needed - call 911 immediately! To warm someone up who is showing signs of hypothermia, lie close to the person and cover both of you with thick blankets. The hotter you get, the more warmth you can give to the other person. Frostbite is another medical emergency that causes damage to the body's tissue (mainly on extremities such as hands and feet, or any place that is unprotected) due to blood vessels diverting blood to other parts of the body to help keep your vital organs warm. This will cause the affected area to become frozen, and can be a very dangerous situation, especially since it becomes numb and the victim can be unaware of its severity.

Finally, even though winter will often bring cold and snow, occasionally warm spells in the winter can lead to thunderstorms or flooding. Stay up to date with the latest weather forecasts to know what weather hazards or threats could impact you and your family this upcoming winter.

For more information visit: <https://www.weather.gov/safety/winter>



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