Older residents remain important cold weather preparation

By JESSICA LAPP

Many of us face the cold weather each year. The good news is that there are many things you can do to stay warm and healthy. The bad news is that there are many things you can do to stay sick and cold. So, what can you do to stay warm and healthy? Here are a few tips:

1. Dress in layers: Put on several layers of clothing to keep warm. This will help you stay warm and allow you to adjust your clothing as needed.

2. Stay hydrated: Drink plenty of water to stay hydrated and healthy. This will help you stay warm and prevent dehydration.

3. Stay active: Physical activity can help you stay warm and healthy. Try to stay active by exercising regularly.

4. Stay indoors as much as possible: Try to stay indoors as much as possible to avoid cold and flu.

5. Use a humidifier: Using a humidifier can help you stay warm and healthy. This will help you stay warm and prevent cold and flu.

6. Stay warm: Use a warm blanket or a warm radiator to stay warm. This will help you stay warm and prevent cold and flu.

7. Stay calm: Try to stay calm and relaxed. This will help you stay warm and prevent cold and flu.

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