








RISKS:	COLD 	FIRE 	COVID-19 
 Why it is Risky	<ul style="list-style-type: none"> • Hypothermia can kill you • Frostbite can injure you for life • A warning sign feels like the cold doesn't bother you anymore 	<ul style="list-style-type: none"> • Fires can grow very quickly • Aerosol and propane cans may explode, making a fire much bigger and hurting people • Severe burns can kill you 	<ul style="list-style-type: none"> • The virus is very easy to catch from a cough, sneeze or talking • Some warning signs can look like colds or flu, or being sleepy • Severe cases can kill you
 Dangers to Look Out For	<ul style="list-style-type: none"> • Shivering more and more • Skin goes white-yellow or red-raw • Tired, queasy, shallow breathing <p>MORE DANGEROUS:</p> <ul style="list-style-type: none"> • Shivering stops • It doesn't feel cold anymore • Loss of movement, being clumsy • Confused, not easy to speak • Swelling, hard, waxy skin 	<ul style="list-style-type: none"> • Fires that aren't being tended • Lit cigarette butts • Any fire or flame inside, or within 10ft of, a tent • Propane or aerosol cans near, or in, any tent or fire. Even empty cans may explode 	<ul style="list-style-type: none"> • New or worse cough • Fever or chills • Body aches or headaches • Stomach problems • New loss of smell or taste <p>MORE DANGEROUS:</p> <ul style="list-style-type: none"> • Hard to breathe, chest pain • Sleepy, confused
 What to Do	<ul style="list-style-type: none"> • Go to a warm space (see next page) • Replace wet clothes with dry ones • For MORE DANGEROUS signs, call 911/seek help 	<ul style="list-style-type: none"> • Put out fires and butts completely with water or snow, especially before leaving or going to sleep • Keep all items 10ft away from fire • Don't smoke in bed • If fire spreads or you are burned, call 911/seek help 	<ul style="list-style-type: none"> • Keep at least 6ft away from others • Wear a mask or face covering • Go to a COVID-19 test site • Talk to your tester about alternative isolation spaces • For MORE DANGEROUS signs, call 911/seek help
 Prevent Injury + Illness	<ul style="list-style-type: none"> • Know where to go to warm up • Wear warm layers • Keep clothes and feet dry • If you are caught outside in a storm, seek shelter and keep your body moving 	<ul style="list-style-type: none"> • Always have what you need to put out a fire on hand, before it is lit • Do not light a fire when it's windy • Never leave a fire untended • Keep tent exits clear so you can escape quickly in case of fire • Use layers and hand/foot warmers • Know where to go to warm up 	<ul style="list-style-type: none"> • Keep at least 6ft away from others • Wear a clean, dry mask or face covering, change it if wet or dirty • Wash hands carefully with soap and water • Use sanitizer on hands between washings • Cover sneezes and coughs with tissue or sleeve

SAFE + WARM

Outdoor Tips for Winter

If you are spending a lot of time outside in the city this winter, know how to spot, respond to and prevent common risks. Keep an eye on yourself and others.



WHERE TO GO

Warm Spaces + Clothes:

Main Street Project 637 Main 24/7:
18+ low-barrier shelter with separate areas for men/women; daytime drop-in with sleeping, showers, food, clothing

Salvation Army 180 Henry 24/7:
18+ overnight shelter; food, clothing

Siloam Mission 300 Princess 7:30p-7a:
18+ overnight shelter; intake at 303 Stanley during business hours

Sscope 865 Main 24/7:
18+ drop-in; showers, food, laundry, clothing; overnight stays

Just a Warm Sleep 109 Pulford 8p-8a:
18+ low-barrier, pet/cart friendly, food, overnight stays. Intake 9-11p

WE24 430 Langside 11p-7a nightly:
13-26 years old drop-in, overnight stays, food, clothing, safe rides. SNA/WCWRC all ages warming centre weekdays 10a-2p

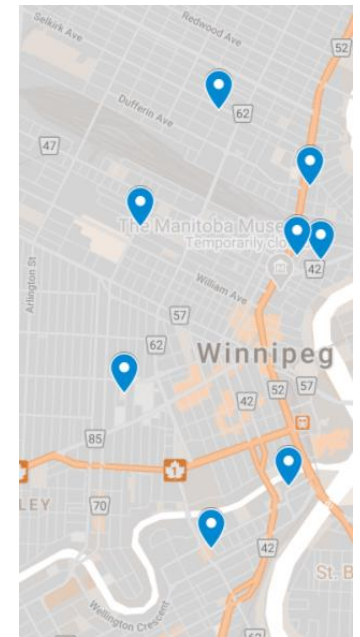
Tina's Safe Haven 472 Selkirk 24/7:
13-24 years old safe space/resource centre

MYS 159 Mayfair 24/7:
12-21 years old overnight stays; food, clothing, counselling, first aid

Rossbrook House 658 Ross 24/7:
6-24 years old drop-in; food, safe rides

WHERE TO GO

Warm Spaces Map:



COVID-19 Testing:

Thunderbird House 714 Main at Higgins
9a-4p Monday to Friday

Garrick Centre 330 Garry at Ellice 8a-4p
daily

Testing Centre 604 St. Mary's 9a-4p daily

If you can't access a testing site AND have a phone, call 204-926-7071 for mobile testing info.

AFTER HOURS, IF SYMPTOMS ARE BAD:

Health Sciences Centre 700 William

St. Boniface Hospital 409 Tache

Or call 911/seek help