

HENDRICKS REGIONAL HEALTH

Cold Weather Wellness Checklist: Tips for staying healthy this season



PREVENT ILLNESS



- ☐ Schedule your flu shot and COVID-19 booster
- ☐ Wash hands frequently with soap and water for at least 20 seconds
- ☐ Avoid touching your eyes, nose, and mouth to reduce the spread of germs
- ☐ Use a tissue or your elbow to cover coughs and sneezes
- ☐ Sanitize frequently touched surfaces
- ☐ Stay home if you're sick to prevent illness from spreading to others



WELLNESS SCREENING

- ☐ Reminder to schedule your annual check-up. Annual screenings help catch issues early—leading to better outcomes.

SAFETY

- ☐ Wear non-slip footwear to help prevent falls.
- ☐ Warm up before raking leaves or shoveling snow, take breaks to avoid overexertion.
- ☐ Layer up with a hat and gloves to stay warm
- ☐ Prevent fires and carbon monoxide risks
- ☐ Clean gutters with care: Use a sturdy ladder and never overreach



For all your health & wellness
needs visit:
www.hendricks.org

HEALTHY HABITS FOR A HEALTHIER COMMUNITY

Cold weather can bring health risks—especially for older adults, children, and those with chronic conditions. Stay informed, stay warm, and stay well.

EAT WELL TO STAY WELL



- ☐ Eat nutrient-dense foods
- ☐ Include fruits, vegetables, lean proteins, whole grains, and healthy fats
- ☐ Limit added sugars
- ☐ Monitor portion sizes

STAY HYDRATED

- ☐ Drink plenty of water even when it's cold



REMAIN ACTIVE

- ☐ Exercise regularly to boost your immune system: walking, stretching, or indoor workouts
- ☐ Get outside when possible for fresh air and sunlight



SUPPORT MENTAL HEALTH

- ☐ Manage stress
- ☐ Watch for signs of Seasonal Affective Disorder (SAD): fatigue, low mood, sleep changes
- ☐ Prioritize sleep, aim for 7–9 hours each night—adequate rest strengthens the immune system and improves mood
- ☐ Maintain social ties with others to support emotional health



For help finding a new provider
call: 317-745-DOCS

