

Cold Weather Tips

Cold weather is one of the benefits of living in New Hampshire but it does cause an increase in energy use and can negatively impact your health. The links listed below give information regarding the health impact of cold on Elderly and Disabled Adults, some energy saving tips, and weather preparedness.

[NH Office of Energy and Planning - Stay Warm NH](#)

[US Department of Energy – Stay Warm Save Money](#)

[Caregiver Resource Center – Staying Warm this Winter, Special Considerations for the Elderly](#)

[National Weather Service - Winter Weather Safety and Awareness](#)

[American Red Cross – Preparedness Fast Facts, Winter Storms](#)

[Associated Content - Tips for Staying Warm Outdoors During the Winter Months](#)