

# 3. *Clothing*

1. Tips on dressing warm in the winter
  - Body heat can be retained effectively by taking these precautions:
    - a. Wear a hat, hood, or scarf, as most heat is lost through the head.
    - b. Wear layers of clothing rather than a single outerwear item. Layers provide better insulation.
    - c. Keep clothing dry. If your clothes become wet while outside, change into dry clothes as soon as possible.
  
2. My family needs clothing
  - Locations throughout the city distribute clothing to those in need. Many soup kitchen and food pantry locations have clothing available as well.