

Your health this winter

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Introduction

With cooler temperatures, shorter days and the flu and cold season, winter may bring changes to our health. Many of us may find it hard to get enough physical activity. Snow and ice can create hazards that can make walking, playing and working outdoors difficult. Many of us may come down with the flu or catch a cold.

Throughout the winter, it is important that we continue to stay active, eat healthy and take care of ourselves and the people we love.

Be prepared

Cold weather alerts

Environment and Climate Change Canada (ECCC) issues cold weather alerts to help the public stay informed about hazardous conditions. Stay updated by visiting the [Government of Canada's Severe Winter Weather Alerts page](#) or downloading the [WeatherCAN app](#).

Emergency preparedness

PreparedBC is British Columbia's one-stop shop for disaster readiness information. For tips on seasonal readiness, how to prepare an emergency plan and what to include in an emergency kit, visit [PreparedBC: Public emergency preparation and recovery](#). - Follow PreparedBC on [Facebook](#)

- Follow @PreparedBC on [X \(formerly Twitter\)](#)

For emergency B.C. advisories, visit: www.emergencyinfbc.gov.bc.ca

Emergency shelters

BC Housing's [Emergency shelters program](#) provides a temporary place to sleep, eat and wash for anyone who is homeless or at risk of homelessness. Some shelters may offer additional services such as meals, secure areas for belongings and a resource room with computers, phone or TV. Access to medical support, support staff and individualized help from a caseworker may be available. Find emergency shelter information and resources, including extreme weather shelters here:

- [BC Housing: Shelter map](#)
- BC2-1-1: [Shelter and street help line](#)

Warming centres

Warming centres and emergency shelters can provide protection from [Hypothermia and cold temperature exposure](#) during extreme cold weather. Emergency warming centres and general warming spaces locations may be listed on [EmergencyMapBC.ca](#) at the discretion of First Nations and local governments. If warming centres are not listed on the map in your area, contact your band office or local

government, or visit [CivicInfo B.C. : Directories](#) or visit [BC Housing](#) for temporary winter and extreme weather response shelter information website.

Featured topics

Common illnesses and injuries during winter

Cold and flu, and some other conditions and illnesses are more common or worse during the winter months. The holidays can also be a stressful time for many people and may cause some of us to experience seasonal affective disorder (SAD). In addition, snow and ice can create hazards that increase the risk of falling and hurting yourself.

To learn more about staying healthy, avoiding common illnesses, and reducing the risk of injuries during winter, please visit BC Children's Hospital's:

- [Respiratory season health reminder to families ahead of winter months](#)
- [Skiers, snowboarders at higher risk of injury leading to hospitalization](#)

Cold weather

Throughout the winter, temperatures will drop and it may be very cold outside. Learn about cold exposure and the steps you can take to protect yourself and your family:

- [Cold Exposure: Ways the body loses heat](#)
- [Cold Exposure: What increases your risk of injury?](#)
- [Cold temperature exposure](#)
- [Dry skin and itching](#)
- [Hypothermia and cold temperature exposure](#)

Healthy living during winter

Colder weather and fewer hours of daylight may mean changing your routines and activities. Learn about how you and your family can stay active throughout the winter:

- [Physical activity in winter](#)
- [Quick tips: Staying active in cold weather](#)

Eating a variety of nutrient rich foods each day can help you to stay healthy and feel your best over the winter season. The winter season is often a time for celebrating with family and friends. Food plays an important role in many of these celebrations. Learn about how you can enjoy the holiday festivities while continuing to eat healthy:

- [Healthy eating for holidays and events \(Government of Canada\)](#)

When to visit the emergency room

The Emergency Room (ER) in hospitals can be very busy during winter months. As temperatures drop, the number of patients seeking care at emergency departments and community health-care facilities tends to

rise. It's essential to recognize when it's time to seek medical help, and just as important to know how to care for yourself and avoid the need for medical care where possible.

Prepare and learn when you or a family member may need to use the ER. To learn more, visit:

- [BC Children's Hospital: When to bring your child to the BC Children's emergency department](#)
- [Fraser Health Authority: The cold facts on childhood fevers](#)
- [Fraser Health Authority: Your healthy winter guide 2024/25](#)
- [When to visit the emergency room](#)

Your health authority

Fraser Health Authority

- [Winter health](#)
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Interior Health

- [Cold weather readiness for community leaders](#)
- [10 healthy habits for the winter and holiday season](#)
- [How to protect yourself and others when the temperature drops](#)

Island Health

- [Holiday wellness: Tips to stay safe this season](#)

Northern Health

- [Five tips to stay healthy as the season turns](#)
- [Winter wellness and safety guide](#)

Vancouver Coastal Health

- [Put your health first this winter](#)