

# Prepare for the WINTER

In Mexico, the greatest impact of low temperatures occurs from November to January. In this season you must protect yourself by knowing and applying the preventive measures in order to avoid affectations to your health

One of the consequences of low temperatures is the increase in respiratory diseases in the population

Baja California, Chihuahua, Ciudad de México, Durango, Hidalgo, Estado de Mexico, Michoacan, Morelos, Puebla, San Luis Potosi, Sinaloa, Sonora, Tlaxcala and Zacatecas, are the most affected states by low temperatures

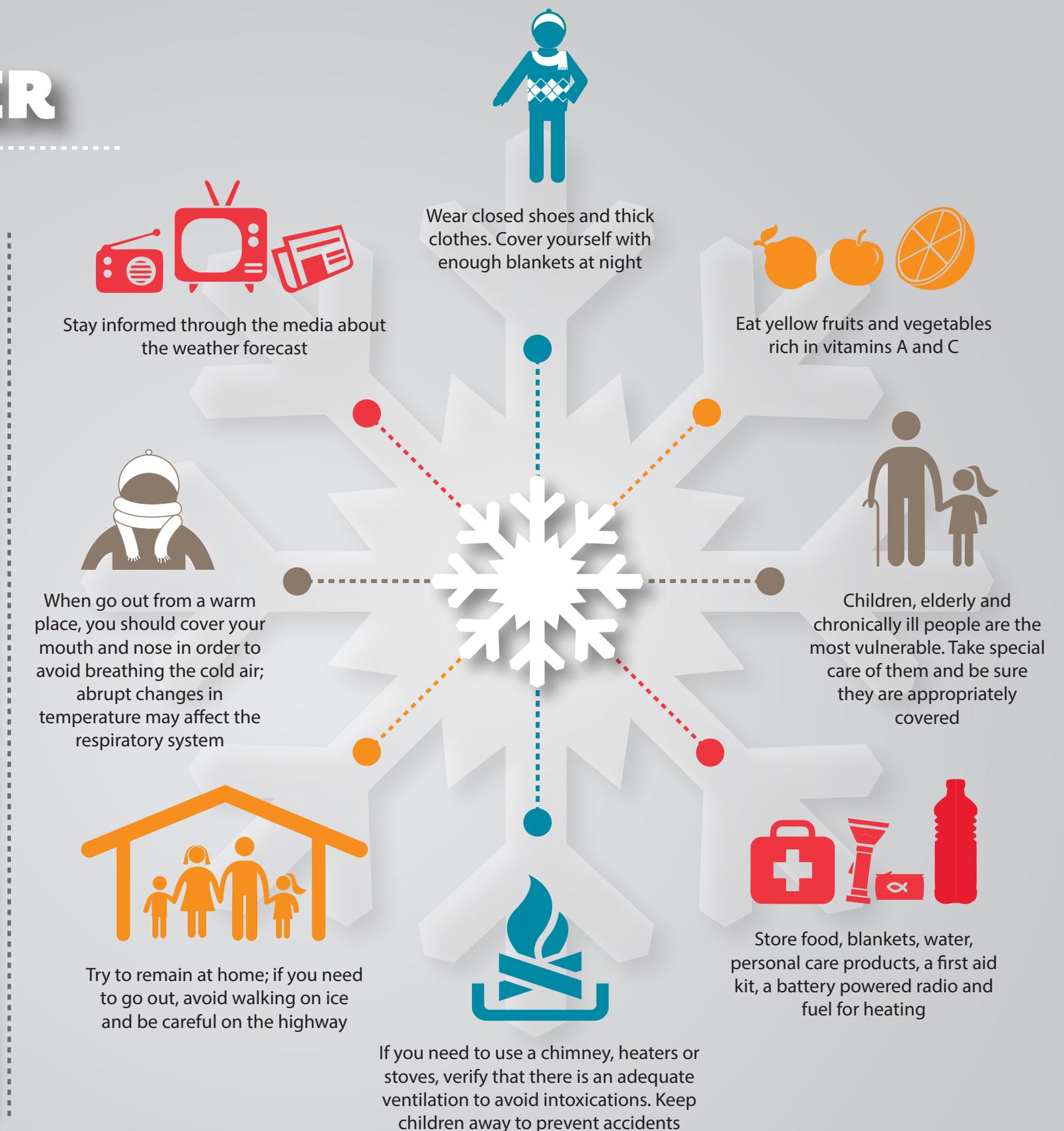
## Learn more

National Water Committee  
[www.gob.mx/conagual](http://www.gob.mx/conagual)

National Center for Disaster Prevention  
[www.gob.mx/cenapred](http://www.gob.mx/cenapred)

Call 911 in case of emergency

Source: National Center for Disasters Prevention



GOBIERNO DE MÉXICO

SEGURIDAD  
SECRETARÍA DE SEGURIDAD Y PROTECCIÓN CIUDADANA

CNPC  
COORDINACIÓN NACIONAL DE PROTECCIÓN CIVIL

CENAPRED  
CENTRO NACIONAL DE PREVENCIÓN DE DESASTRES