

# WARNING!

**\*\*HAZARDOUS WEATHER CONDITIONS POSSIBLE FOR INAUGURATION\*\***

All those attending the 56<sup>th</sup> Presidential Inauguration are advised that winter weather may create hazardous conditions, including **EXTREMELY** cold temperatures, **EXHAUSTION** brought on by standing for long periods of time, and **DEHYDRATION** caused by ingesting coffee or other beverages that contain caffeine.



**The Office of the Attending Physician advises all those attending the Inauguration to take the following precautions:**

- Avoid dehydrating foods (high protein) and fluids (coffee, caffeine);
- Wear several layers of lighter, loose-fitting clothing instead of one heavy layer to better regulate body temperature;
- Wear a warm hat to prevent a loss of body heat;
- Consider windproof and waterproof outerwear in the event of inclement weather; and,
- Seek medical attention for cold weather health problems including frostbite, hypothermia, and dehydration.
- For additional information, contact the Office of the Attending Physician at (202) 225-5421.