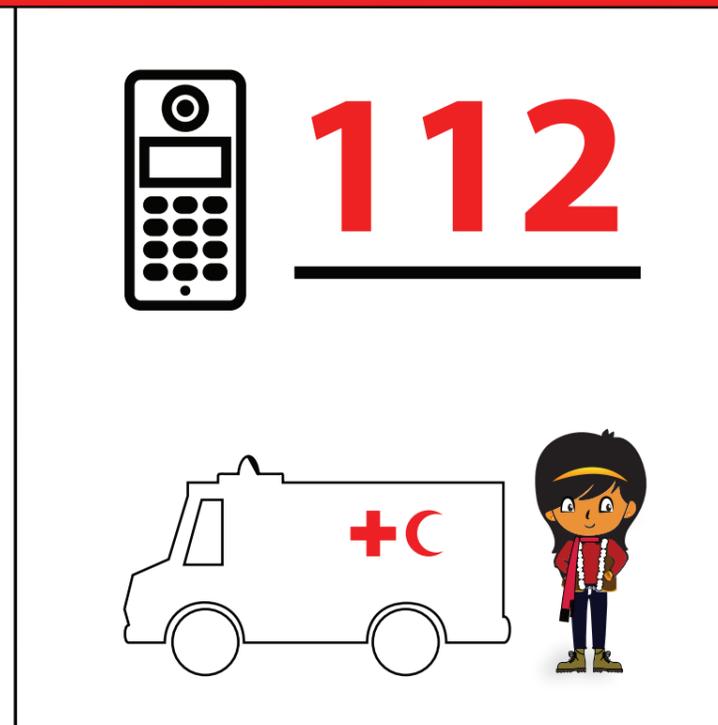
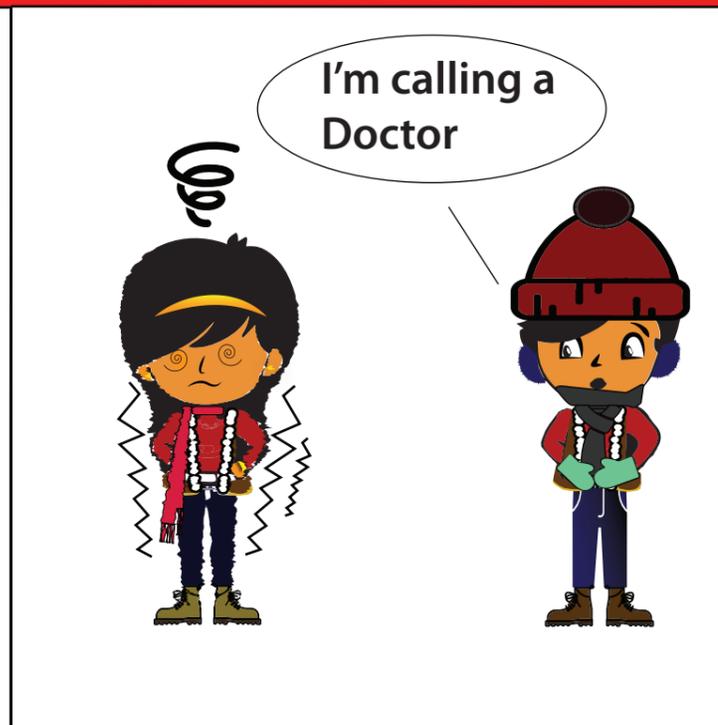
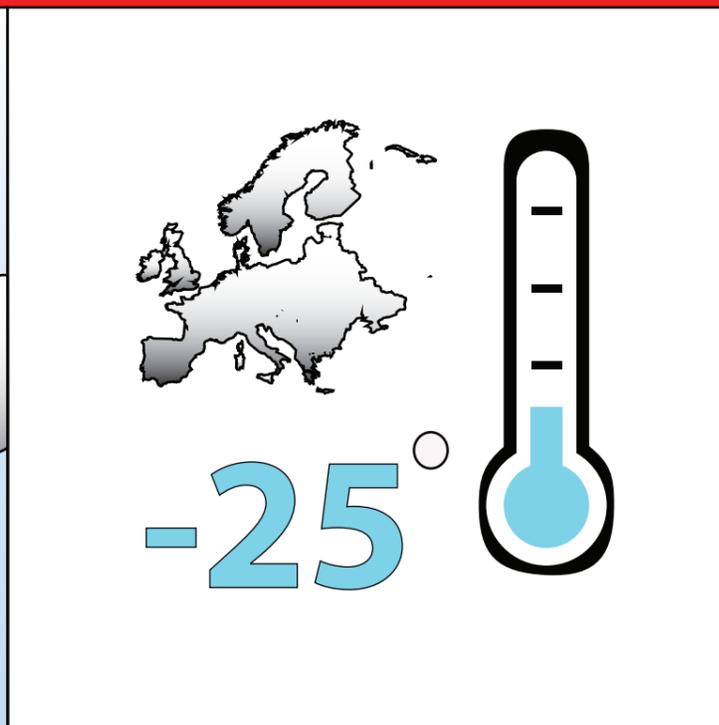


# Laila and Amar

## Survive the Freezing Weather

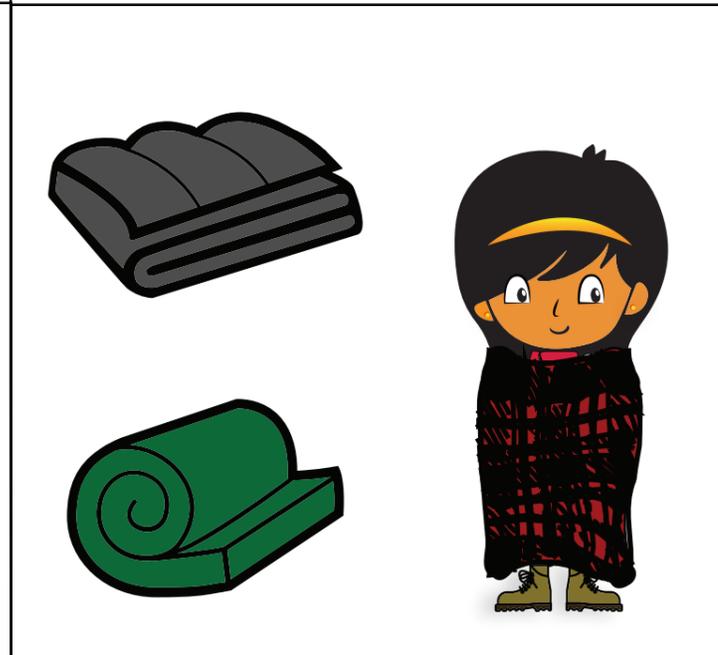
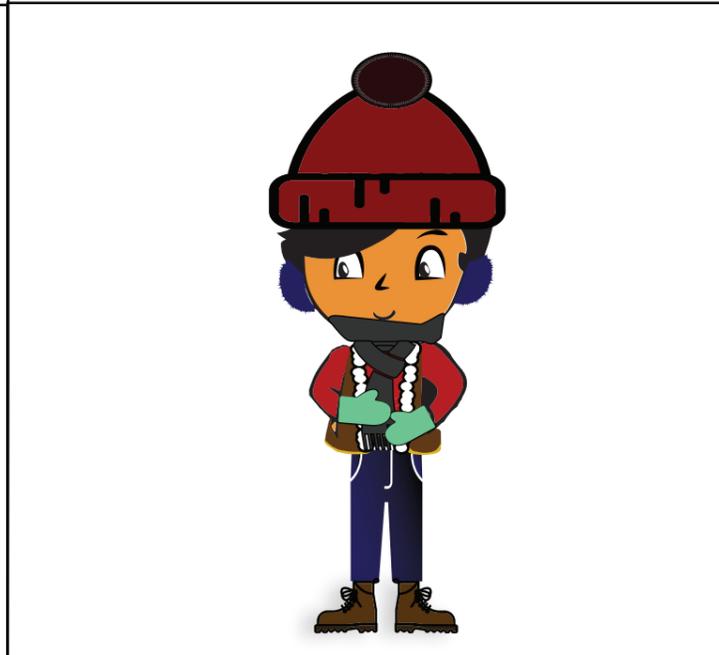


Laila and Amar say always stay warm in Europe in winter

Europe can be dangerously cold. This can be life threatening.

Laila was shivering, confused and breathing slowly

Amar called 112 to get help in Europe and Laila got better.



Laila says always wear layers of clothes to keep the heat in.

Keep your head, hands and nose covered to keep body heat in.

Always carry a dry blanket with you or get a sleeping bag.

Drink lots of warm drinks and stay together like Laila and Amar