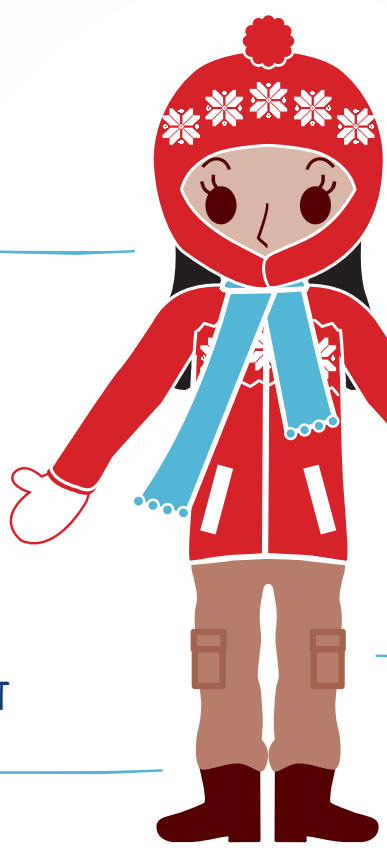
AVOID SPOT TREAT
FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE **EARS** **TOES** **CHEEKS** **CHIN** **FINGERS**

Know who is at high risk:

Older adults without proper food, clothing, or heating

People who stay outdoors for long periods (homeless, hikers, hunters, etc.)

People who drink alcohol in excess or use illicit drugs

Babies sleeping in cold rooms

SPOT

FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.

Signs & Symptoms
- Redness or pain in any skin area may be the first sign of frostbite.

Other signs include:
- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

Signs & Symptoms

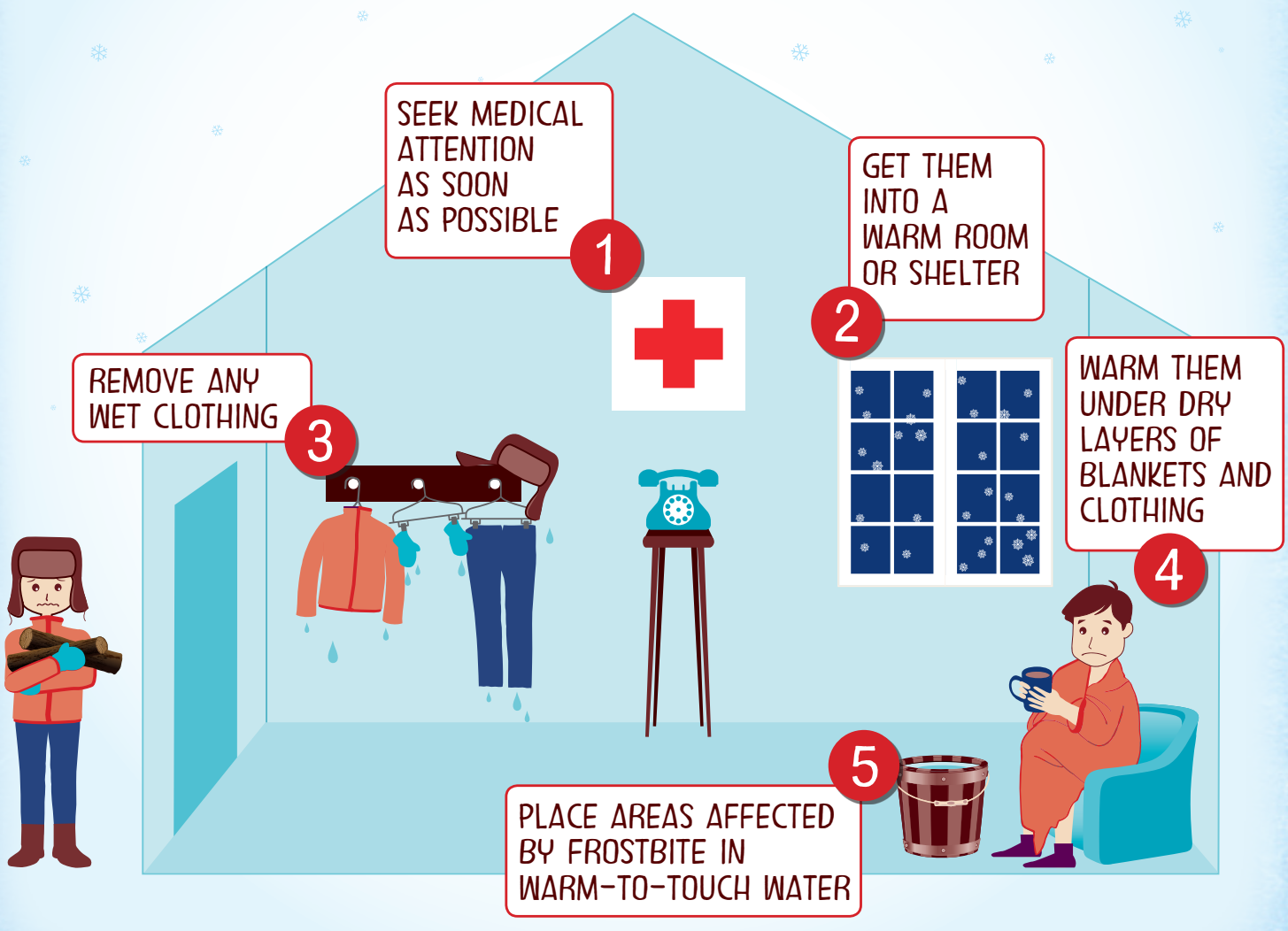
Adults:
- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

Infants:
- bright red, cold skin
- very low energy

If a person's temperature is below 95° get medical attention immediately.

TREAT

If a person is experiencing hypothermia or frostbite...



FROSTBITE CAUT!ON

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:

1. UNLESS NECESSARY, DO NOT WALK ON FEET OR TOES WITH FROSTBITE
2. DO NOT USE A FIREPLACE, HEAT LAMP, RADIATOR, OR STOVE FOR WARMING
3. DO NOT USE A HEATING PAD OR ELECTRIC BLANKET FOR WARMING
4. DO NOT RUB OR MASSAGE AREAS WITH FROSTBITE

http://emergency.cdc.gov/disasters/winter/staysafe/index.asp

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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