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

**AVOID**

When going outside be sure to wear:
- A SCARF OR KNIT MASK THAT COVERS FACE & MOUTH
- MITTENS OR GLOVES
- WATER-RESISTANT BOOTS
- A HAT
- A WATER-RESISTANT COAT
- SEVERAL LAYERS OF LOOSE-FITTING CLOTHING

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**

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

**FROSTBITE**

**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...

1. SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE
2. GET THEM INTO A WARM ROOM OR SHELTER
3. REMOVE ANY WET CLOTHING
4. WARM THEM UNDER DRY LAYERS OF BLANKETS AND CLOTHING
5. PLACE AREAS AFFECTED BY FROSTBITE IN WARM-TO-TOUCH WATER

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:
- **DO NOT** use a fireplace, heat lamp, radiator, or stove for warming
- **DO NOT** use a heating pad or electric blanket for warming
- **DO NOT** rub or massage areas with frostbite
- **DO NOT** put on massage oils with frostbite

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