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

**AVOID**

- A SCarf or Knit Mask That Covers Face & Mouth
- WATER-Resistant Boots
- WATER-Resistant Coat
- Several Layers of Loose-Fitting Clothing
- Mittens or Gloves
- A Scarf or Knit Mask That Covers Face & Mouth

- 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:
  - Mittens or gloves
  - Waterproof boots
  - Waterproof coat
  - A hat
  - 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

**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 whitish or greyish-yellow skin area
      - skin that feels unusually firm or waxy
      - numbness

- **HYPOTHERMIA**
  - 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°F 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**

**FROSTBITE CAUTION**

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

- Unless necessary, do not break on ice or snow with frostbite.
- Do not use a fire, electric 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.

- Use caution when treating frostbite:
  - Do not walk on feet or toes with frostbite.
  - 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.