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

- **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.

- **Wear**
  - A scarf or knit mask that covers face & mouth
  - Mittens or gloves
  - A hat
  - A water-resistant coat
  - Several layers of loose-fitting clothing

- **Be sure to**
  - Wear water-resistant boots
  - Avoid wearing wet or damp 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°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.

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