= 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.

Know who is at high risk:

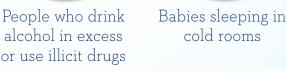


clothing, or heating



periods (homeless, hikers, hunters, etc.)





*** SPOT ***

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

FROSTBITE



in any skin area may be the first sign of frostbite.

Signs & Symptoms

– Redness or pain

Other signs include: a white or grayish-yellow

skin area skin that feels

or waxv numbness

unusually firm

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

HYPOTHERMIA

Hypothermia often occurs at very cold

Signs & Symptoms

- exhaustion confusion - fumbling hands

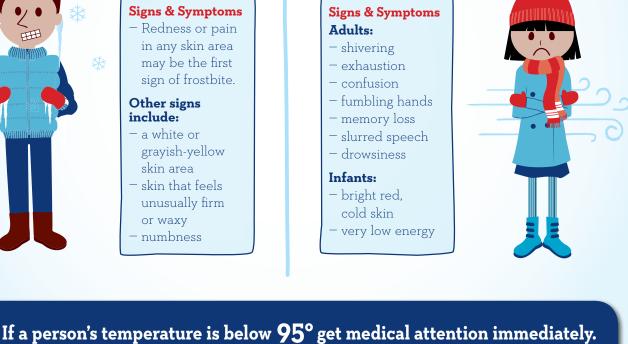
shivering

Adults:

- memory loss - slurred speech - drowsiness

very low energy

Infants: - bright red, cold skin



SEEK MEDICAL ATTENTION **GET THEM** AS SOON

If a person is experiencing hypothermia or frostbite...





UNLESS NECESSARY, DO NOT WALK ON FEET OR TOES WITH FROSTBITE



WARMING



WARMING





Control and Prevention