SAVOID*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:



without proper food, clothing, or heating



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

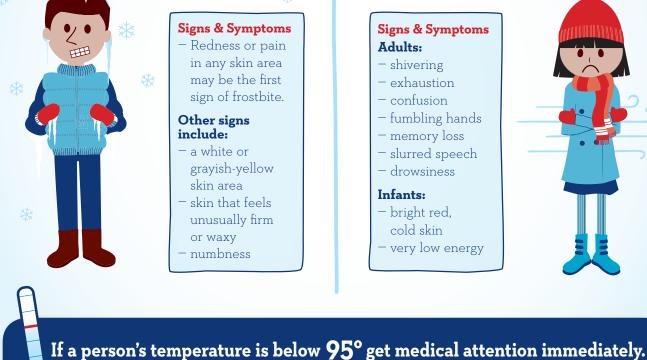


or use illicit drugs



*** * SPOT ** **

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



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

unusually firm or waxy numbness

AS SOON

skin that feels

or cold water) and becomes chilled.

Signs & Symptoms

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

- exhaustion confusion - fumbling hands

- memory loss - slurred speech - drowsiness

Adults:

shivering

Infants: - bright red, cold skin

very low energy



SEEK MEDICAL ATTENTION **GET THEM**

If a person is experiencing hypothermia or frostbite...









WARMING







