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 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**
6. **ABOVE THIGH LEVEL, WARM WITH A HEATING PAD OR ELECTRIC BLANKET**
7. **DO NOT RUB OR MASSAGE AREAS WITH FROSTBITE**
8. **DO NOT USE A FIREPLACE, HEAT LAMP, RADIATOR, OR STOVE FOR WARMING**
9. **DO NOT USE A HEATING PAD OR ELECTRIC BLANKET FOR WARMING**
10. **DO NOT WAX OR MASSAGE AREAS WITH FROSTBITE**

FROSTBITE CAUTION

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