

Cold Related Injuries:

Frostbite: Damage to body tissue caused by that tissue being frozen. Warning signs include a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.

If symptoms are detected, get medical help immediately! If you must wait for help, slowly warm affected areas starting with the body's core and then the extremities.

Hypothermia: Threat to life caused by extremely low body temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

°F

(35°C), get medical care immediately! If medical care is not available, begin warming the person slowly. Follow these steps:

- Warm the body core first. If you warm the extremities (arms/legs) first, you will drive cold blood toward the heart which can lead to heart failure.
- If needed, use your own body heat.
- Get the person into dry clothing and wrap in a warm blanket, covering head and neck.
- Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is better.

Learn more about extreme cold safety at:
www.cdc.gov