



## Severe Weather

Winter brings with it colder temperatures and the potential for severe weather. Hypothermia and frostbite can be real threats; it is important to be aware of their causes, as well as symptoms to look for.

### Hypothermia

Results from prolonged exposure to very cold temperatures. Body heat is lost at a faster rate thus draining stored heat energy and lowers body temperature.

Once the body is cold brain function is reduced making it difficult to think or move well.

#### Symptoms

- Shivering
- Exhaustion
- Confusion
- Memory Loss
- Slurred Speech
- Red, cold skin (infants)

### Frostbite

Bodily injury where freezing temperatures cause loss of feeling and color in affected areas.

Body parts most affected include: nose, ears, cheeks, chin, fingers and toes.

#### Symptoms

- Redness or pain in exposed skin areas
- White or greyish skin tone
- Unusually waxy or firm skin
- Numbness



### Resources

[CDC: Winter Weather](#)

[CDC: Indoor Safety During A Winter Storm](#)

[CDC: Winter Weather FAQ](#)

[CDC: Outdoor Safety During A Storm](#)

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**Don't learn safety by accident**