



Frostbite and Hypothermia

When it is cold and snowy, lots of people spend time outdoors. When temperatures are below freezing, there is an increased risk of getting frostbite or hypothermia if you are going to be outdoors for extended periods of time. Learn how to protect yourself and others, and how to recognize the signs of frostbite and hypothermia so you can safely enjoy outdoor activities during cold weather.

Prevention

- Limit your time spent outdoors. The longer you are outside in cold weather, there is higher risk of getting frostbite or hypothermia.
- Dress in layers of warm, loose clothing. Heat will stay trapped between the layers and help keep you warm. Wear socks that will keep your feet dry. Wool is a good material to wear in the snow because it is warm, thick, and stays dry. Keep your head covered with a hat or headband, and cover your hands with mittens.

Frostbite Symptoms

- Redness and pain on exposed skin is the first sign of frostbite. If you see this, cover the affected area and get indoors as soon as possible.
- Other signs of frostbite include:
 - ◆ Numbness
 - ◆ White or grayish-yellow skin
 - ◆ Firm or waxy skin

Hypothermia Symptoms

- Shivering
 - Exhaustion or feeling sleepy
 - Confusion and memory loss
 - Slurred speech
- If you notice any of these symptoms, help the person get warm and dry, and seek medical attention immediately.

Resources

[NSC Frostbite and Hypothermia Facts](#)

[CDC Frostbite Symptoms and Prevention](#)

[CDC Hypothermia Symptoms and Prevention](#)

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Don't learn safety by accident