

According to the CDC:

Hypothermia and **frostbite** are dangerous risk of cold weather. Hypothermia can be fatal. Hypothermia is caused by pro-long exposure to cold weather resulting in your body losing more heat than it can produce. It only takes a drop in body temperature of 2-3 degrees to reach hypothermia. Hypothermia can affect brain function causing disorientation and confusion.

Ways to prevent hypothermia

- Dress warm when outdoors
- Increase calorie intake before pro-longed time in cold conditions
- Stay dry
- Recognize signs of hypothermia before the condition worsens.

Symptoms of hypothermia

- Shivering becoming increasingly violent
- Exhaustion
- Confusion/memory loss
- Loss of motor skills
- Slurred speech

What to do if you are a victim of hypothermia or find someone who has hypothermia

- Get yourself or the victim to a warm area
- Remove any wet clothing
- Get a source of outside heat (an electric blanket, a fire, another person's body heat) of the victims core body area
- If the victim is conscious, give them a warm drink, but never an alcoholic beverage
- Keep the victim wrapped in dry blankets, towels or sheets after body temperature has increased
- Seek medical attention as soon as possible

Hypothermia (2016, December 20) Retrieved from

<https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

Frostbite is the freezing of body tissue

Caused by

- Prolonged exposure to cold (extremities are most affected)
- Having poor circulation
- Not being properly dressed for cold weather

Symptoms include

- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness
- It is important to note, that the victim may not realize they have frost bite due to the affected area being numb

What to do if you are a victim of frostbite or find someone who has been frostbitten

- Get into a warm area as soon as possible
- If avoidable, do not walk on frostbitten toes or feet, this will cause further tissue damage
- Immerse the affected area in warm, but not hot water
- Or, warm area using body heat
- Do not rub frostbitten area with snow or massage, as this may cause further tissue damage

Frostbite (2016, December 20) Retrieved from

<https://www.cdc.gov/disasters/winter/staysafe/frostbite.html>