**COLD WEATHER ILLNESS**

**HOW TO PREPARE:**
- Monitor yourself and if you are in a group, use the buddy system!
- Dress in loose layers – heat gets trapped within layers.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water-repellent outer layer.
- Stay adequately hydrated and eat nourishing regular meals.
- Avoid alcohol, caffeine, and nicotine.

- **DO Rewarm gradually.**
  - Use lukewarm water
  - Place area against warm skin
  - Use warm towel or blanket
- **DON’T** rub the affected area with anything. (snow, ice, cloth, hands)
- **DON’T** allow the area to become refrozen.

**FROSTBITE**

**SIGNS AND SYMPTOMS**
- Cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white, or grayish-yellow skin color
- Hard or waxy skin
- Clumsiness
- Blistering

**TREATMENT**
Seek medical attention immediately do the following while waiting:
- Protect from further cold
- Do not walk on feet if frost bitten
- Do not break blisters
- Reduce pain with ibuprofen

**STAGES OF ILLNESS**
- **Frostenp** is the first stage. Skin reddens and feels very cold, becomes prickly and numb. As skin warms, pain and tingling may occur. Skin is not permanently damaged.
- **Superficial Frostbite** is the second stage. Red skin will turn white or pale. If treated with rewarming, will cause the surface of skin to appear mottled, blue or purple. Stinging, burning, and swelling may occur, along with fluid-filled blisters that may appear 24-36 hours after rewarming.
- **Severe (deep) Frostbite** is the final stage. It affects all layers of the skin. Will lead to loss of sensation in affected area. Joints or muscles may stop working properly. Large blisters will appear 24-48 hours after rewarming and afterward the area will turn black and hard as tissue dies.

**HYPOTHERMIA**

Hypothermia occurs when your body loses heat faster than it can produce it. Hypothermia is caused by exposure to extreme cold. There are two severities of this illness, each with its own symptoms.

**MILD HYPOTHERMIA SIGNS AND SYMPTOMS**
- Shivering
- Dizziness & nausea
- Faster breathing
- Trouble speaking
- Slight confusion
- Lacking coordination
- Fatigue
- Increased heart rate

**SEVERE HYPOTHERMIA SIGNS AND SYMPTOMS**
- Shivering, although as the illness worsens, this will stop.
- Clumsiness
- Slurred speech or mumbling
- Lack of concern for condition
- Poor decision making (removing warm clothes)
- Drowsiness or low energy
- Slow, shallow breathing
- Loss of consciousness

**TREATMENT:**
- Call 911 if you see someone exhibiting these signs and symptoms.
- If possible, take the person slowly and carefully inside.
- Carefully remove wet clothing, and cover the person with layers of blankets while you wait for emergency help to arrive.