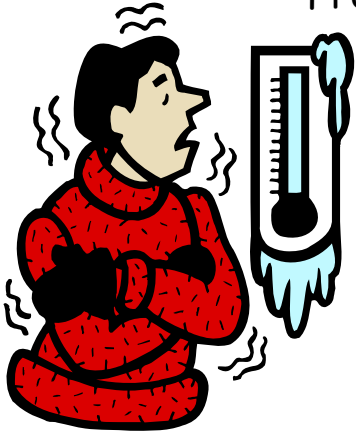


What is Frostbite?



Frostbite occurs when the body tissues freeze. Frostbite mostly affects the nose, ears, cheeks, chin, fingers, and toes. **Frostbite can cause permanent damage and loss of movement in the affected body parts.**

What to Look For:

- Redness or pain in a skin area
- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

What to Do if Frostbite Occurs:

- Move the person into a warm place.
- Warm the affected area with blankets.
- Do not rub or massage the affected area because it will cause further damage. Also, do not walk on frostbitten feet or toes.
- Do not use anything hot, such as hot water, a heating pad, or heat lamp.



What is Hypothermia?

Hypothermia occurs when body temperature is abnormally low. Hypothermia affects the brain, which can affect a person's ability to think, speak, and move well. **Hypothermia is very dangerous and can result in death if not treated immediately.**

What to Look For:

- Confusion or forgetfulness
- Slow, slurred speech
- Poor control over body movements
- Weak pulse and/or low blood pressure
- Sleepiness or drowsiness
- Violent shivering
- Stiffness in arms or legs

What to Do if Hypothermia Occurs:

- Seek medical attention immediately.
- Move the person into a warm place.
- Remove any wet or damp clothing.
- Warm the chest, neck, head, and groin with blankets or body heat.
- Give the person warm beverages that do not have caffeine or alcohol.

