See the signs to avoid cold weather injuries

Signs of **frostbite**
- Stiffness of affected area
- Pallor skin color
- Pain when the area is rewarmed
- Blisters and swelling in severe cases

**HYPOTHERMIA** occurs when the core body temperature is below 95°F (35°C)

Signs of **hypothermia**
- Persistent shivering
- Difficulty walking
- Mild confusion