1. Frostbite is a serious injury that can lead to permanent tissue damage and amputation.
   
   a. True
   b. False

2. The first sign of frostbite is:
   
   a. Unusual skin redness
   b. Numbness
   c. Waxy skin
   d. Drowsiness

3. Which should be used to warm a victim of frostbite?
   
   a. Heating pad
   b. Hot water
   c. Heat lamp
   d. Lukewarm water

4. Hypothermia is caused by prolonged exposure to low temperatures or cold water.
   
   a. True
   b. False

5. Signs of hypothermia include:
   
   a. Bright red cold skin
   b. Shivering
   c. Drowsiness
   d. Memory loss
   e. Slurred Speech
   f. All the above

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