COLD HARD FACTS

FROSTBITE
is the freezing or near-freezing of skin or deeper tissues. It occurs when the temperature is 32 degrees F (0 degrees C) or colder.

- **EARLY (SUPERFICIAL) FROSTBITE**
  - Skin blanching: color does not return after palpation
  - Skin remains soft
  - The area is numb or feels tingly or aching when rewarmed

- **SEVERE FROSTBITE**
  - Skin looks waxy and white, gray, yellow or bluish
  - The area feels firm or frozen hard on palpation
  - Swelling or blisters may be present
  - The affected area may become painless
  - After warming, the area becomes swollen and may blister and appear flushed with areas of purple and blanching or it may be mottled and cyanotic

- **LOOK FOR FROSTBITE**
  - Usually in the nose, ears, cheeks, chin, fingers or toes
  - Stiffness, pale skin, and pain which is sometimes severe when rewarmed
  - Blisters and swelling in more severe cases

- **DRESS FOR IT**
  - Wear layers of loose clothing
  - Thermal long underwear
  - Wool socks and waterproof, insulated boots
  - Wind and moisture resistance outerwear
  - Insulated leather work gloves
  - Hat that covers the ears

HYPOTHERMIA
is a generalized cold emergency in which the body temperature drops below 95 degrees F (35 degrees C).

- Persistent shivering
- Difficulty walking
- Mild confusion

It does not have to be freezing cold for hypothermia to occur. It can occur at almost any cool temperature if the body is unprotected, especially if the person is wet, exposed a long time, or unable to restore body heat because of a medical condition.