

## Baby its Cold Out There!

### Tips for staying Safe and Warm this Winter

- Cover sensitive parts of the body when outside (ears, nose, hands, and feet)
- Wear several thin layers to stay dry and warm
- Excess sweat will increase heat loss, so remove extra layers of clothing whenever you feel too warm
- When doing heavy outdoor chores, work slowly
- Children lose heat faster than an adults, so kids should be dressed in extra layers of clothing
- Shivering is an important first sign that the body is losing heat and a signal to return indoors
- Warm drinks and soups help keep your insides warm

### FROSTBITE

The skin and tissues of our bodies actually freeze because of cold weather.

#### WARNING SIGNS

- Skin will appear white or grey-yellow and can have a waxy appearance
- The affected area will have no feeling, or numb to the touch
- The skin may also itch, feel like it's burning, or be painful

#### TREATMENT

- + Get into a warm room right away
- + Put the frostbitten area in warm, (not hot) water
- + Do not rub the area – can cause more damage
- + Call a doctor as soon as possible

### HYPOTHERMIA

With prolonged exposure to cold temperatures the body loses heat faster than it can make it.

Hypothermia can affect the brain, making the person unable to think clearly or move properly.

#### WARNING SIGNS

Shivering      Sleepiness      Blurry Vision  
Confusion      Slurring Words

#### TREATMENT

Hypothermia is a life-threatening condition, Call 911 right away.

Till medical care arrives, begin warming by:

- + Moving to a warm shelter
- + Removing any wet clothing
- + Warming the center of the body first
  - Chest, Head, Pelvic area
  - Use an electric blanket, if available.
  - Use skin-to-skin contact under layers of blankets, towels, or sheets
- + Warm beverages can help increase the body temp, but no alcoholic beverages

### THE WIND CHILL INDEX

- The temperature your body feels when the air temperature is combined with the wind speed.
- As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop.
- The Wind Chill Chart shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.

