

Winter Safety

When weather temperatures drop, the risk for hypothermia and frostbite increase. Know the causes and treatments if you encounter either.

- Hypothermia occurs when heat escapes from your body faster than it can warm itself.
- • Symptoms of hypothermia include shivering, dizziness, hunger, nausea, faster breathing, trouble speaking, slight confusion, lack of coordination. If shivering stops the individual is getting worse, not better.
- • To treat hypothermia, gradually rewarm the affected person by applying a gentle source of heat to the groin, head, neck and sides of the chest.
- • Warning signs of frostbite include numbness and a white or grayish-yellow color to the affected skin, which may feel unusually firm or waxy.
- • At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin.
- • When frostbite is suspected, warm the affected area using body heat and seek medical attention immediately.

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