



# Avoid ❄️ Spot ❄️ Treat



## Hypothermia & Frostbite

When going outside be sure to wear



Hat

A scarf or knit mask that covers face and mouth

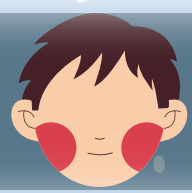
Gloves or mittens

Water resistant coat

Wear several layers of clothing

Water resistant boots

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



### Know who is Most at Risk



Hikers, Hunters, Homeless



Older adults



People Working Outdoors



Babies sleeping in cold rooms



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## Hypothermia & Frostbite

### Hypothermia

#### Signs & Symptoms

##### Adults

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

##### Infants

- Bright red, cold skin
- Very low energy



### Frostbite

#### Signs & Symptoms

- Redness or pain in any area of skin

#### Other Signs

- White / grayish yellow skin area
- Skin that feels unusually firm or waxy skin
- Numbness



If a person's temperature is below **35°** get medical attention immediately.



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## Hypothermia



## Frostbite

Since skin may be numb, frostbite victims may harm themselves further and use caution when treating frostbite



**1** Don't walk on feet or toes with frostbite



**2** Don't use a fireplace, heat lamp, radiator, or stove for warming



**4** Do not use a heating pad or electric blanket for warming



**3** Do not rub or massage areas with frostbite