Freezing temperatures can be dangerous.
Know the signs of frostbite and hypothermia and how to help.

### Hypothermia
Occurs in very cold weather or if a person is wet and chilled.

- Shivering, numbness or weakness.
- Staring, apathy or impaired judgement.
- Loss of consciousness.

### Frostbite
When body parts get too cold and begin to freeze.

- Numbness or lack of feeling in fingers, toes, nose or earlobes.
- Skin appears waxy or discolored or feels firm.

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**What to watch for**

- Numbness or lack of feeling in fingers, toes, nose or earlobes.
- Skin appears waxy or discolored or feels firm.

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**How you can help**

**Call 911 or go to the hospital immediately.**

1. Gently move to a warm place.
2. Monitor breathing and circulation.
3. Give CPR, if needed.
4. Remove wet clothing and dry off.
5. Warm slowly.
   - Wrap in blankets or dry clothing.
   - Use hot water bottles or a heated blanket to warm gently.
   - Do not immerse in hot water. Rapid warming can be dangerous.

**Seek professional medical care as soon as possible.**

1. Move to a warm place.
2. Handle the affected area gently. Never rub. Avoid breaking blisters.
3. Soak the area in warm water (100–105°F) until it is red and feels warm.
4. Loosely cover the area with dry sterile gauze.
   - Separate fingers or toes with dry, sterile gauze.
5. Do not allow the area to refreeze.

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Learn more at tpchd.org/emergency.