

Frostbite Can Be Serious!

If you notice a patch of hard, pale, cold skin—especially on exposed areas such as cheeks and nose or appendages such as fingers and toes—you may have frostbite. If you suspect frostbite you should:

- Get out of the cold.
- Warm your hands by tucking them under your arms. If your nose, ears or face is frostbitten, warm the area by covering it with dry, gloved hands.
- Don't rub the affected area. Never rub snow on frostbitten skin.
- If there's any chance of refreezing, don't thaw out the affected areas. If they're already thawed out, wrap them up so they don't refreeze.
- Get emergency medical help if numbness remains during warming. If you can't get help immediately, warm severely frostbitten hands or feet in warm — not hot — water.
- If you suspect hypothermia, characterized by intense shivering, slurred speech, loss of coordination and fatigue, seek emergency care.

Source: Mayo Clinic, www.mayoclinic.com