

STEPS TO PREVENT HYPOTHERMIA AND FROSTBITE

1. Avoid prolonged outdoor exposure on very cold days. Do not stay outdoors for extended periods.
2. Increase your activity level according to the temperature. Avoid activities that cause physical exhaustion.
3. Dress in layers. Layers of clothing are warmer than one thick layer of clothing.
4. Avoid tight clothing as it reduces blood circulation.
5. Wear clothing to protect your ears, face, hands and feet in extremely cold weather.
 - Boots should be waterproof and insulated
 - Wear gloves
 - Wear a hat; it will keep your whole body warmer (hats reduce the amount of body heat that escapes from your head).
6. Drink large amounts of non-alcoholic and decaffeinated warm fluids.
7. Replace wet or damp clothes as soon as possible during the winter months.
8. If you feel cold or begin to shiver, add a layer of clothing and/or notify a staff person.

SYMPTOMS OF COLD EXPOSURE AND MANAGEMENT

Cold-Related Conditions	Signs and Symptoms	Management
Hypothermia	<ul style="list-style-type: none"> ● Shivering ● Fatigue ● Drowsiness ● Exhaustion ● Blue skin and/or numbness ● Confusion/disorientation ● Loss of coordination ● Memory loss ● Slurred speech ● Glassy stare ● Slow, irregular pulse ● Decreased level of consciousness 	<ol style="list-style-type: none"> 1. Remove all <u>wet</u> clothing. 2. Place resident in dry clothing or blanket. 3. Move resident to warm environment inside. 4. If conscious, give resident warm nonalcoholic beverage. 5. Seek medical attention to determine if further treatment is needed.
Frostbite	<ul style="list-style-type: none"> ● Any discoloration of the skin; bluish, pale, flushed, white or yellow ● Skin appears waxy ● Lack of feeling, numbness, tingling, stinging or aching. 	<ol style="list-style-type: none"> 1. Move resident into warm area. 2. Handle the frostbitten area gently. DO NOT RUB THE AREA. 3. Immerse affected area into warm (not hot) water or place the affected area against a warm body part (e.g. armpit). 4. Seek medical attention to determine if further treatment is needed.