

EXTREME COLD EXPOSURE

How to protect yourself

Prolonged exposure to the cold can cause frostbite, hypothermia, or in extreme cases, death. Infants and the elderly are most susceptible to extreme cold.

STAY WARM



Wear layered clothing outdoors

Carry extra clothing, blankets, and high energy snacks in your car

Sleep with extra blankets and layered clothing

THINK OF THOSE AT RISK



Check on elderly friends, relatives, and neighbors daily

Protect the elderly and small children by heating one room to 70 F

Keep the elderly and small children indoors as much as possible

Avoid fatigue and exhaustion during cold weather. Overexertion, such as shoveling snow or pushing a car, can strain your heart.

FROSTBITE Occurs when the skin becomes cold enough to actually freeze

loss of feeling
white or pale appearance in
extremities



HYPOTHERMIA Can occur during longer periods of exposure when the body temperature drops below 95 F

disorientation
confusion
uncontrollable shivering
EVENTUALLY LEADING TO:
drowsiness
apparent exhaustion

IN SEVERE CASES, DEATH IS POSSIBLE

