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**

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