

# Extreme Cold Safety

When the cold weather hits, kids and snow lovers rush to the outdoors to enjoy sledding, skiing, snowman-building, and other outdoor activities, but cold weather mixed with precipitation can put residents at risk for a variety of cold weather emergencies. Westchester Medical Center Health Network wants Hudson Valley residents to know the risks to keep themselves and their families safe this winter season.

## Who is most at-risk for cold-related emergencies?



Infants and Young Children



Elderly Adults



People Who Are Ill



People Who Work Outdoors

## Know Your Cold-Weather Emergencies

### SYMPTOMS

#### Hypothermia

- Body temperature drops below 95 degrees
- Violent shivering
- Clumsy muscle coordination
- Lips, earlobes, fingertips and toes become blue

#### Frostbite

- Body tissue freezes
- Frostnip (numbness and whiteness of cheeks, nose, ears, fingers and toes) is an early warning sign of frostbite and self corrects.

### HOW TO HANDLE

- Remove from elements
- Seek medical attention immediately

- Remove from elements
- Seek emergency medical attention for frostbite. **DO NOT** attempt to re-warm body part.

## How can I avoid hypothermia and frostbite?



Wear several layers with waterproof outer layer and hat



Avoid alcoholic beverages



Remove wet clothing immediately



Don't overexert yourself



Go outside only at sunny times of day