

# Frostbite - vs - Hypothermia

## FROSTBITE

### 4 Ps OF FROSTBITE

- Pink - Affected areas will appear pink or reddish in colour to signify the start of frostbite
- Pain - Affected areas will become painful
- Patches - White, waxy-feeling patches will show up on skin - this means the skin is dying
- Prickles - Affected areas will start to feel numb

### FROSTBITE PREVENTION TIPS

- Get to a warm area before frostbite sets in
- Keep extra mittens and gloves in your car, house or school bag
- Cover as much exposed skin as possible: Wear a hat, scarf, mittens, waterproof footwear
- Wear an extra layer of socks - wool preferred
- Make sure any footwear you have on does not cut off circulation
- Avoid drinking alcohol

### IF FROSTBITE OCCURS

- DO NOT rub or massage the affected areas as this may cause more damage
- Warm up the affected areas slowly with warm compresses or your own body heat
- Avoid putting any pressure on or using parts of your body that are frostbitten
- Seek medical attention if you see white or grey coloured patches or if the area is numb

## HYPOTHERMIA

### THE "UMBLES" OF HYPOTHERMIA

- Mumbles - Hypothermia may make verbal communication more difficult
- Stumbles - Hypothermia may impair mobility, causing more frequent trips and falls
- Fumbles - Hypothermia may increase difficulty in coordinating your extremities

### HYPOTHERMIA PREVENTION TIPS

- Dress in layers, wear clothes with moisture-wicking properties and wind resistance
- Drink warm fluids and avoid drinking alcohol
- Remove outer layers or open your coat if you are sweating
- Cover as much exposed skin as possible: Wear a hat, scarf, mittens, waterproof footwear
- When going on a trip leave a copy of the itinerary with a responsible person
- If hiking use a map and hand-held GPS device so you don't get lost

### IF HYPOTHERMIA OCCURS

- Seek immediate medical attention
- Gently remove any wet clothing
- Get to a warm place as soon as possible
- Warm the body gradually by drinking warm fluids and using warm blankets