Cold Weather Conditions

Frostbite
Freezing of skin and body tissue

Symptoms:
- Loss of feeling and pale coloring of extremities (fingers, toes, ears, nose)

What to do:
- Seek medical attention immediately
- Cover exposed skin

Hypothermia
Dangerously low body temperature

Symptoms:
- Uncontrollable shivering
- Disorientation
- Slurred speech

What to do:
- Seek medical attention immediately
- Remove wet clothing
- Warm the core of the body

Did you know?
Infants and older adults are at a higher risk for developing both frostbite and hypothermia

Wind Chill can make the outside temperature feel much colder than what the thermometer reads. Use the chart above to calculate windchill in your area!

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