



# Winter Weather Dangers

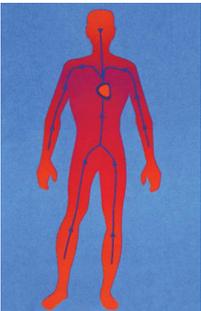


Winter Weather Awareness Day - November 5, 2015

**Frostbite** - is damage to body tissue caused by extreme cold. A wind chill of  $-20^{\circ}\text{F}$  will cause frostbite in just 30 minutes. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately! If you must wait for help, slowly rewarm affected areas. However, if the person is also showing signs of hypothermia, warm the body core before the extremities.



**Hypothermia** - is a condition brought on when extremities are excessively cold, and the body temperature drops to less than  $95^{\circ}\text{F}$ . It can kill. For those who survive, there are likely to be lasting kidney, liver and pancreas problems. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Take the person's temperature. If below  $95^{\circ}\text{F}$ , seek medical care immediately!



**If Medical Care is Not Available** - warm the person slowly, starting with the body core. Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure! If necessary, use your body heat to help. Get the person into dry clothing and wrap in a warm blanket covering the head and neck. Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is the first food to offer.

## **Remember to Avoid Overexertion!**

Avoid activities such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and the hard labor could cause a heart attack, and sweating could lead to a chill and hypothermia. Take Red Cross CPR and AED training so you can respond quickly to an emergency.

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Additional detailed information about the dangers associated with winter and how to deal with emergencies you may face, check out the following website:

**<http://www.nws.noaa.gov/om/winter/index.shtml>**

This page is designed to teach you how to stay safe in a winter storm or in abnormally cold weather. If you know what to do before, during, and after a winter event, you can increase your chances of survival. You will find information on winter alerts, science and hazards, as well as snow coverage maps and information describing the different types of winter storms. You'll also find a broad array of educational materials.

