

FROSTBITE

SUPERFICIAL FROSTBITE SYMPTOMS

- Hardened skin
- Skin looks paler than the area around it
- Pain, stinging or prickling
- Numbness
- Stiff joints and muscles

DEEP FROSTBITE SYMPTOMS

- Waxy skin that is colder than the area around it
- Skin and underlying tissue that is hard and solid to the touch
- Skin that is white, blue, black, or mottled
- Complete loss of feeling
- Blisters after rewarming
- Stiff joints and muscles

HOW YOU CAN HELP

Get somewhere warm and remove clothing that may be restricting blood flow.

Use body heat or warm water to warm the affected area.

Urgently seek medical care for cases of both superficial and deep frostbite.

Do not rub the frostbitten area or walk on frostbitten legs.



HYPOTHERMIA

HOW YOU CAN HELP

Call 911 for emergency services. Hypothermia is a life-threatening emergency condition.

Closely monitor the person's breathing.

Gently remove any wet clothing.

Use blankets to slowly warm up the person, and cover their head and neck.

Sipping warm liquid can also help to warm if the person is conscious and alert.



SYMPTOMS OF MODERATE, MEDIUM AND SEVERE HYPOTHERMIA

- Shivering and complaining of cold (note: in severe cases a person will stop shivering and feeling cold)
- Numbness in fingers and toes
- Body temperature below normal (body temperature below 30°C in severe cases)
- Confused or unusual behaviour
- Lack of coordination
- Slurred speech or mumble
- Impaired judgment
- Glassy stare
- Slow, shallow breathing
- Weak pulse
- Stopped breathing
- Loss of consciousness

Visit the [Canadian Red Cross website >>](https://www.redcross.ca) to learn more about the stages of hypothermia and how to prevent cold weather medical emergencies.

