

BE SAFE! RECOGNIZE COLD ILLNESS

Frostbite

WARNING SIGNS:

- Most often affects fingers, toes, ears or nose
- Loss of feeling or numbness
- Hard or waxy to the touch
- White, grayish-yellow skin
- Blistering may occur after thawing



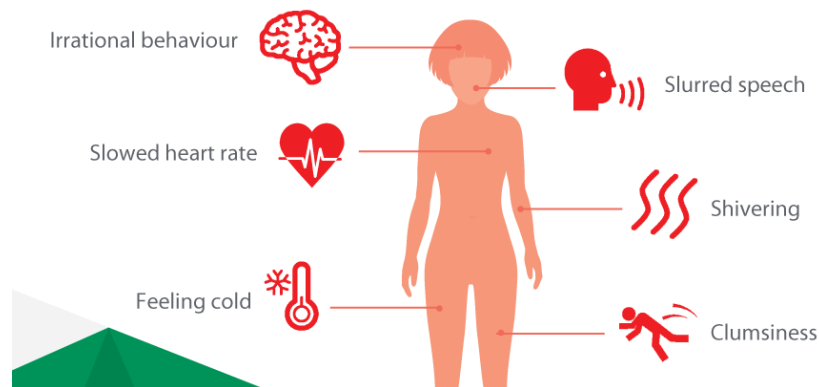
HOW TO RESPOND:

- Move to a warm room
- Remove wet clothing
- Wrap in dry blankets
- Do not thaw skin if there is risk of re-freezing

Severe frostbite requires immediate medical attention: CALL 911

Hypothermia

WARNING SIGNS:



HOW TO RESPOND:

- **CALL 911**
- Hypothermia is a life-threatening condition requiring immediate medical attention
- While waiting for help, dry and gradually warm the body