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:
- Irrational behaviour
- Slurred speech
- Shivering
- Feeling cold
- Clumsiness

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