



2022-2023

Winter Weather Response

A Homeless-Centered Plan for Keeping Winnipeggers Safe

Developed by the Extreme Weather
Response Committee.

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Why a Homeless-Centred Winter Weather Response Plan?

People experiencing homelessness face increased risk of direct health impacts from winter weather hazards because they are likely to spend long periods of time outside, resulting in increased exposure. These risks can increase further due to lack of access to warm shelter, warm clothing, nutritious food, or health care and infection prevention resources, any of which may be commonly faced by individuals experiencing homelessness.

Winnipeg experiences very harsh, cold winters and with weather events changing, risks may be increasing. The goal of the Winter Weather Response Plan is to prevent harmful health impacts of winter weather hazards on people experiencing homelessness in Winnipeg.

Homelessness also presents significant risks of contracting COVID-19. People living unsheltered have limited ability to prevent infection. If they become ill, transience makes sustained contact for medical monitoring difficult. In addition, many people experiencing homelessness have pre-existing health issues that create compromised immunity, and they may not seek or have access to health care.

The Winter Weather Response Plan provides weather preparedness and response information and activities focused on reducing the negative health impacts of winter weather hazards. The main objectives of this plan are to:

- Alert those experiencing homelessness, and those who interact with them, when winter weather hazards are expected or exist
- Enable those experiencing homelessness to take appropriate precautions for winter weather hazards and COVID-19
- Trigger response actions by agencies that provide services or alter operations to protect those experiencing homelessness from risks associated with winter weather hazards and COVID-19

The Plan includes a focus on preventing direct impacts of winter weather hazards on people experiencing homelessness.

Plan for 2022 to 2023

For this winter, we identified a few key initiatives to keep all people in Winnipeg safe this winter.

Winter Weather Response Fund

A Funding stream has been created through Reaching Home to provide funding to organizations to expand and provide additional services as needed to respond to an extreme weather advisory.

Criteria

Applying organizations must:

- Deliver cold weather services

- Provide direct services and resources to people experiencing homelessness during extreme cold weather periods
- Be prepared to collect and report data on participants, services, and results
- Have permission from the landlord/building owner to operate an extreme weather centre on the proposed site; and
- Ensure the space meets necessary bylaws, fire safety requirements, and has insurance coverage.

Applying organizations should:

- Demonstrate collaboration with other homeless serving organizations to deliver appropriate and efficient services and supports that align with the Extreme Cold Weather Response; and
- Have prior experience delivering a cold weather program to people experiencing homelessness.
- Be providing extended drop-in and/or Outreach services/supports to those experiencing homelessness because of the cold weather conditions

Shelter

Last winter N'dinawemak Indigenous-led shelter was opened and created 150 new shelter beds for the winter- by continuing to fund and support this site we feel this provides and maintains the number of shelter beds needed.

As a sector we make sure all shelter spaces are full and have developed a strategy to move folks to available shelter spaces to ensure there is always space to bring folks in from out of the cold at the low barrier shelters (N'dinawemak and MSP).

Increased Van Outreach

Winter Weather Outreach Van- Main Street Project	City wide	24/7	204-431-2728	<ul style="list-style-type: none"> • Winter Weather Transports • Wellness Checks
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We will provide a 24/7 additional van outreach dedicated to wellness checks, responding to calls of people outside in the cold and providing transportation to shelters and warming locations. This van is in addition to the current outreach provided by the Downtown Community Safety Partnership, Main Street Project, St. Boniface Street Links and others doing community outreach

All outreach services are connected through the signal app to ensure response times are coordinated and a van is able to respond quickly to any calls. The signal app is a messaging app that allows outreach groups to communicate in real-time, support each other and triage response to the community.

Community Care Camps

Sabe Peacewalkers will lead the community care camps

Facility: Community care camps were previously set up and led by Indigenous organizations in extreme weather to provide people access to overnight warmth, needs and traditional teaching and healing ceremony. These camps are an alternative to more utilitarian planning and should be supported on locations that are identified as key locations to support those moving on foot in the winter. Some potential sites would be Market Lands, Air Canada Park or Central Park, site to be determined.

Hours of Operation: These hours will run concurrent with the established facility plan, and/or offset the space hours to ensure people have access. The hours will be determined by the Indigenous-led organization and in consultation with community support partners. The camps will operate for a minimum of 4 days at a time.

Staffing: 1 coordinator- this person will work with the pop-up site group to make sure cultural safety is built into the pop-up site and be the lead for coordinating community care camps to be determined by lead group Sabe Peacewalkers (Annishiative, OPK, ComUNITY204)

Logistics: Food, water, clothing, outdoor furniture and other needs will be provided as a group response plan to ensure the site is welcoming and prepared.

Recognizing and Responding to COVID-19

COVID-19 is a viral infection affecting the respiratory tract that can present some similar symptoms to cold or flu. In Canada, the risk of viral infections like colds and flu increases in winter.

COVID-19 is a new illness first identified in late 2019. It was declared a global pandemic by the World Health Organization in March 2020. COVID-19 is caused by a newly discovered (novel) coronavirus. Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more severe disease. Symptoms of COVID-19 can appear up to 14 days after being exposed to the virus. In a small portion of cases, infection can lead to hospitalization or death.

Response: Because COVID-19 is highly infectious and may pose serious health risks to some individuals. People should be asked basic screening questions to assess for symptoms of COVID-19.

- Use the [Shared Health Online Screening Tool](#) to assess symptoms to determine whether testing is advised, or further information and direction is needed from Health Links, Primary Care or 911
- AIA Referral Information for Shelter Partners

Alternative Isolation Accommodation (AIA) remains operational for individuals meeting specified criteria. A referral is required for consideration into AIA. AIA is recommended when you test positive on a laboratory based (e.g. PCR) test or on a rapid antigen test and have no ability to isolate safely from others.

Shelter AIA

Eligibility

Those experiencing homelessness (as defined in the AIA Guide for Completion) who are:

- COVID positive
- Or COVID Suspect awaiting latest result
- Positive individuals (if not experiencing homelessness but not able to isolate) – Requiring wrap-around and/managed alcohol service

Intake Hours: 7 days a week between 0900-1700hrs

Contact info:

- During regular hours, 0830-1630 – call 204-914-8906
- For referrals outside hours, the referrer should contact AIA Manager on call and provide referral information – PH: 431-277-5374
 - Referrer will need to complete AIA Referral Form and forward Directly to Provincial AIA Site via AIAreferral@sharedhealthmb.ca
 - If transportation is required, please note that Blueline Taxi is not available after hours

How the Winter Weather Response Works

The sector meets monthly as the Extreme Weather Response Committee to monitor and evaluate implementation of this plan. The committee includes representatives from the following stakeholders:

- The City of Winnipeg Emergency Management Office and first responders
- Emergency shelters and Community organizations providing services to people experiencing homelessness
- Health care providers
- Government and philanthropic funders
- Environment and Climate Change Canada

The Winter Weather Response is divided into four levels or response:

- **Response Planning** is in effect from May 1 to October 31, when the previous winter's response is evaluated, and plans are developed for the next winter. Currently plans are in place for Extreme Heat.
- **Base Response** is in effect from November 1 to April 30 and covers a normal range of winter weather conditions that are not associated with winter weather hazard warnings but may still present risks of cold, illness or COVID-19.
- **Active Response** occurs when an unofficial winter weather notification or an official winter weather alert notification has been issued by Environment and Climate Change Canada; lasting until the Committee determines that conditions have stabilized to normal winter weather.

- **Urgent Response** is in effect during severe winter weather conditions. Such conditions include blizzards, extreme cold periods, heavy snowfall and winter storms.

When an unofficial winter weather notification or an official winter weather alert notification has been issued by Environment and Climate Change Canada, End Homelessness Winnipeg consults with, and may convene an emergency meeting of, the Committee to coordinate planned or emergent response activities and communications. End Homelessness Winnipeg sustains regular communication with committee members, who monitor weather conditions to identify when normal winter weather operations (Base Response) may resume. *Community organizations, health care agencies or City of Winnipeg departments may decide to add or extend services that offer protection from the cold, regardless of weather conditions.*

End Homelessness Winnipeg and stakeholders represented on the Committee communicate with the public, sharing information on prevention and response actions for people experiencing homelessness and the community at large, using word of mouth, graphics, media relations and social media.

Stakeholder Roles

Stakeholders represented on the Committee support the Winter Weather Response in a variety of ways. Some provide direct services to people experiencing homelessness, while others provide specialized expertise on health, safety, weather or funding resources that can support the delivery of services to help keep people safer in winter weather. All stakeholders are responsible for:

- Recommended to get the [WeatherCAN App](#). Option to also subscribe to receive weather warnings from Environment and Climate Change Canada through [EC Alert Me](#)
- Having their own plans for responding to such warnings
- Participating in Committee meetings, consultations, evaluations and communications. While it is not possible for every stakeholder representative to attend every meeting and open every email, it is important for every stakeholder to have a voice in developing, implementing and improving plans to protect the health and safety of those without a home during winter weather.

In addition to these shared responsibilities, different stakeholders have specific responsibilities during the different stages of the Winter Weather Response, as outlined on the following chart.

STAKEHOLDER	Planning	Base Response	Active Response	Urgent Response
End Homelessness Winnipeg	Convene monthly meetings Support communication with stakeholders, public	Email stakeholder reminders by Nov.1 and Apr.30	Consult with or convene Committee to coordinate planned and emergent responses	As needed, convene emergency meeting of Committee to coordinate responses

	<p>Revise Winter Weather Response plan</p> <p>Release updated plan before November 1st.</p>	<p>Convene monthly meetings</p> <p>Support communication with stakeholders, public on Winter Weather Response Plan</p>	<p>Share prevention and response information via news and social media</p> <p>Sustain regular communication with Committee until conditions stabilize</p>	<p>Share response updates via news and social media</p> <p>Sustain daily communication with Committee</p>
<p>City of Winnipeg</p> <p>*The City's lead is the Winnipeg Emergency Management Coordinator (WEMC)</p>	<p>Advise on revisions to plan</p> <p>Advise Winnipeg Emergency Management Coordination Committee on the Winter Weather Response Plan</p> <p>Review City of Winnipeg plans for winter weather hazards</p>	<p>Share cold weather preparedness information via news and social media</p> <p>Make City facilities available to public as warming spaces during business hours as needed; relax loitering rules in facilities/on transit</p> <p>Monitor service delivery</p>	<p>Consult with Committee to identify any need for increased capacity/warming space</p> <p>Increase hours/access at City facilities to provide warming space as required</p> <p>Share weather safety information with residents</p>	<p>If a local state of emergency is declared, make Emergweb the home page for Winnipeg.ca</p> <p>Increase hours/access at City facilities to provide warming space as required</p> <p>Share weather and safety information with residents</p>
STAKEHOLDER	Planning	Base Response	Active Response	Urgent Response
Emergency Shelters	<p>Advise on revisions to plan</p> <p>Review internal plans for winter, including staffing and supplies</p>	<p>Inform clients about risks and prevention of cold illness and COVID-19</p> <p>Inform staff and volunteers about operating plans for winter</p> <p>Share information and monitor capacity to support guests redirected to another shelter</p>	<p>Activate winter weather response plans</p> <p>Collaborate with other shelters and community organizations to redirect guests to any available beds</p> <p>Alert WEMC and other shelters of any capacity issues and collaborate to establish overflow</p>	<p>Collaborate with first responders on any necessary interventions</p> <p>Collaborate with other shelters and community organizations to safely transport clients to the most appropriate available warming space or shelter if needed</p>
Community Organizations	<p>Advise on revisions to plan</p> <p>Review internal plans for winter weather responses</p>	<p>Inform clients about risks and prevention of cold illness and COVID-19</p> <p>Prepare messages to inform staff and volunteers about winter weather responses</p>	<p>Activate winter weather response plans</p> <p>Reach out to clients experiencing or at risk of homelessness to identify and provide any needed health or safety supplies/services</p>	<p>Collaborate with emergency shelters and other community organizations to safely transport clients to the most appropriate available warming space or shelter if needed</p>

		Share information and resources to support and monitor clients at high risk of cold illness or COVID-19	Circulate messages to inform staff and volunteers about winter weather responses	
Health Care Providers	Advise on revisions to plan Advise Committee on health system changes and on health prevention and responses for cold illness and COVID-19	Advise Committee on health system changes affecting or involving individuals experiencing homelessness	Advise Committee of emergent health system pressures or changes	Collaborate with first responders, emergency shelters and community organizations on any necessary interventions and responses
Funders	Inform Committee of funding opportunities and changes Collaborate with other funders on strategy for weather resilience	Gather and share fundee stories of winter weather response and resilience	Consult with Committee to identify emergent resourcing needs	Consult with Committee to identify emergent resourcing needs

Appendix I: Extreme Weather Response Committee Membership

The following stakeholders are represented on the Extreme Weather Response Committee:

- 1JustCity
- Aboriginal Health and Wellness
- Agape Table
- Bear Clan Patrol
- City of Winnipeg, Community Services Department
- City of Winnipeg, Office of Emergency Management
- Downtown Community Safety Partnership
- End Homelessness Winnipeg
- Environment & Climate Change Canada
- Health Sciences Centre
- Ka Ni Kanichihk
- Lighthouse Mission
- Lived Experience Circle
- Ma Mawi Wi Chi Itata Centre
- Mama Bear Clan
- Manitoba Housing
- Mount Carmel Clinic
- Ndinawe
- North End Women's Centre
- North Point Douglas Women's Centre
- Norwest Co-op, Blake Gardens Resource Centre
- Resource Assistance for Youth
- Rossbrook House
- Salvation Army Centre of Hope
- Siloam Mission
- Spence Neighbourhood Association
- St. Boniface Street Links
- Street Connections
- Sunshine House
- The Link: Youth and Family Supports
- Union Gospel Mission
- United Way Winnipeg
- Wahbung Abinoonjiiag
- West Central Women's Resource Centre
- Winnipeg Fire Paramedic Service
- Winnipeg Foundation
- Winnipeg Outreach Network
- Winnipeg Police Service
- Winnipeg Regional Health Authority (WRHA)

Appendix II: Winter Weather Response Resources

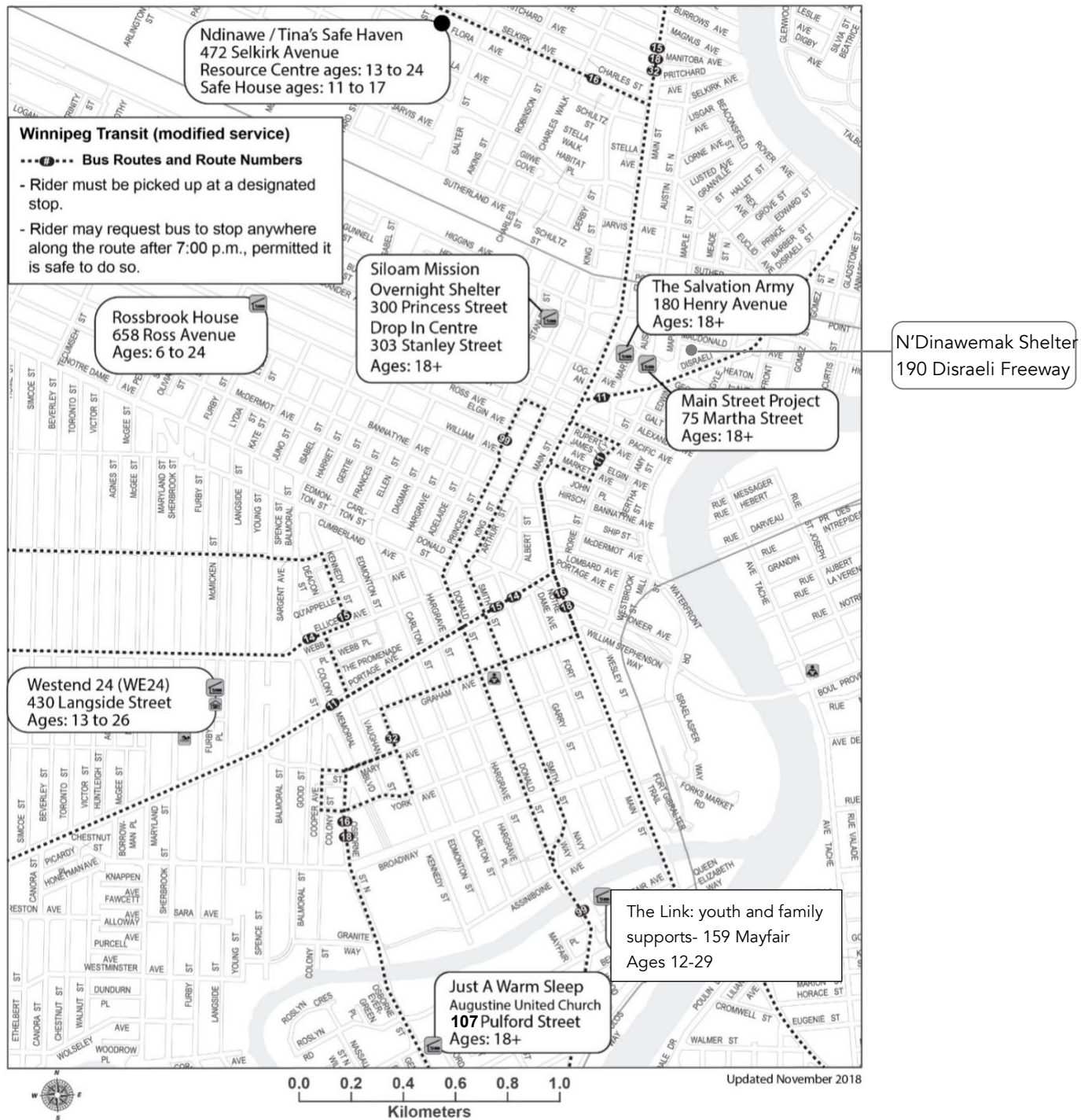
Emergency Shelters, Warming Centres and Safe Spaces				
AGENCY	ADDRESS	HOURS	CONTACT	NOTES
N'Dinawemak	190 Disraeli	24/7	204-943-1803	<ul style="list-style-type: none"> Age: 18+ Capacity: 200 relatives <ul style="list-style-type: none"> 150 beds Meals and showers Separate Women's area Low-barrier
Main Street Project	637 Main	24/7	204-982-8245	<ul style="list-style-type: none"> Age: 18+ Capacity: 120 Meals and showers Low-barrier
Salvation Army: Centre of Hope: Shelter	180 Henry	24/7	204-946-9402	<ul style="list-style-type: none"> Age: 18+ Capacity: 45 Additional spaces for families Therapy-pet friendly
Salvation Army: Centre of Hope: transitional housing	180 Henry			<ul style="list-style-type: none"> Age: 18+ Capacity: 180 Additional spaces for families Therapy-pet friendly
Siloam Mission	300 Princess	8p-7a	204-956-4344 (8a-4:30p) 204-943-1748 (8p-8a)	<ul style="list-style-type: none"> Age: 18+ Capacity: 143 Separate Women's Space Damp Meals and showers
1JustCity: Just a Warm Sleep	107 Pulford	Mon- Thursday 12p-7p- drop-in Shelter reg 6pm Shelter opens 8pm Friday 4-6pm drop-in Shelter reg 6pm Shelter opens 8pm Sat, Sun and Holidays 8pm intake for shelter	204-995-2944 Ext: 3	<ul style="list-style-type: none"> Age: 18+ Capacity: 30 Pet friendly Low-barrier Meals, Showers & Laundry
Norwest Co-op: Blake Gardens	312 Blake	9:30a-6:30p M-F 9:30a-4:30p Sa	204-940-2695	<ul style="list-style-type: none"> Emergency food, harm reduction supplies, phone, computers and referrals
Spence Neighbourhood Association WE24	430 Langside	11p-7a F/Sa + holidays	204-333-9681	<ul style="list-style-type: none"> Age: 13-26 Capacity: 5

				<ul style="list-style-type: none"> Meals, winter clothing
Ndinawe: Tina's Safe Haven	472 Selkirk	24/7* *not currently open Sunday 8a-4p	204-417-7233 204-981-6221	<ul style="list-style-type: none"> Age: 18-24 Capacity: 40 Meals, all genders welcome, youth can self-refer
Ndinawe: Safe House	-----	24/7	204-417-7233 ext 1	<ul style="list-style-type: none"> Call before coming Age: 11-17 Capacity: 16 Meals, all genders welcome, can self-refer, accepting calls prior to arriving
The Link: Youth Hub Drop-in	175 Mayfair	8:30am-7pm Monday-Friday 10am-4pm Saturday	204-946-3522	<ul style="list-style-type: none"> Age: 12-20 Programming/activities daily Three meals a day Supports around systems navigation Harm reduction supplies Clothing, Laundry & Showers
Emergency Shelter/Youth Resource Centre (YRC)	159 Mayfair	24/7	204-477-1804	<ul style="list-style-type: none"> Ages 12-29 capacity: 10 Meals, showers, winter clothing, unlocked facility, youth can self-refer, all genders welcome
North Point Douglas Women's Centre	221 Austin St. N	9a-4p M-W, F 1-5p Sa	204-947-0321	<ul style="list-style-type: none"> Additional men's hours 9-10a, 3-4p (rest is women only) Laundry Computers Emergency food Clothing
Rossbrook House	658 Ross	8a-12a M-Th 8a F – 12a Su	204-949-4090	<ul style="list-style-type: none"> Age: 6-24 Capacity: 30 Drop-In (not a shelter) 4pm Supper
Ka Ni Kanichihk: Velma's House	154 Sherbrook	Current hours: M-F 9am-12am, S/S 8am-4pm ***Hours will increase to 24/7 as staff are hired, we are working very hard on this.	204-560-3007	<ul style="list-style-type: none"> Age: 18+ women and gender diverse folks Services: Meals, emergency clothing, hygiene, basic needs, cultural supports, shower, laundry, harm reduction, low barrier

One88	188 Princess St	Daytime Drop-in Monday to Thursday 10am-2pm Friday 10am-1pm	204-504-8118	<ul style="list-style-type: none"> Capacity 30 people Showers Laundry Phone Wfi
Outreach Vans and Walking Patrols				
AGENCY	AREAS SERVED	HOURS	CONTACT	NOTES
Winter Weather Outreach Van- Main Street Project	City wide	24/7	204-431-2728	<ul style="list-style-type: none"> Winter Weather Transports Wellness Checks
Main Street Project	City wide	24/7	204-232-5217	<ul style="list-style-type: none"> Basic needs, hygiene/harm reduction supplies Safe rides
Street Connections	City wide	6-11:30p M-F 5-11:30p Sa	204-981-0742	<ul style="list-style-type: none"> Harm Reduction/Safer Sex Supplies; Naloxone Nurse in van M-F, STI Testing and Treatment
Ma Mawi Wi Chi Itata	City wide	9p-7a Th-Sa	204-330-3300	<ul style="list-style-type: none"> Snacks, hygiene/harm reduction supplies, safe rides
Resource Assistance for Youth: RaY	City wide	Mon, Wed, Thursday 1pm-9pm Tues & Fri 1pm-4:30pm	204-391-2209	<ul style="list-style-type: none"> Sandwiches, water, outdoor/ winter gear, harm reduction supplies, first aid supplies Safe rides
WE24	City wide	11p-21 F-Sa + holidays	204-333-9681	<ul style="list-style-type: none"> Safe rides
Mount Carmel Clinic: Sage House	City centre	12-7p M-F	204-272-0838	<ul style="list-style-type: none"> Hygiene/harm reduction supplies, hot meal, coffee/ tea/water, warm winter gear, emergency food
Downtown Community Safety Partnership	Downtown	24/7	204-947-3277	<ul style="list-style-type: none"> Walking patrol Safe rides
St. Boniface Street Links	East of the Red	8a-12a (van) 12a-6a (on call)	204-228-2369 204 228-2840	<ul style="list-style-type: none"> Coffee, bag lunch, basic needs, mental health first aid, shelter assistance, COVID prevention
West Central Women's Resource Centre	West End, Downtown, and a bit east of the river	Mon, Wed 5-9 pm Tue 2-6pm Sat, Sun 11 am -3pm	204-297-8636 (van)	<ul style="list-style-type: none"> Bag meals, harm reduction/ hygiene kits, water/coffee, cold weather gear Safe rides
Bear Clan Patrol	North/West End, West Broadway,	Varies; details on website	204-914-1708	<ul style="list-style-type: none"> Walking patrol

	Point Douglas			
Mama Bear Clan	North End, Point Douglas	6-8p W/F 4-6p Su	204-947-0321	<ul style="list-style-type: none"> • Walking patrol • Food & Winter gear
Resource Guides				
211 Manitoba	http://mb.211.ca/ or dial 211		Database of health, government, and social services available across Manitoba	
HelpSeeker	https://helpseeker.org/		Website/app connecting people to nearby resources in real time	
WON Resource Guide	https://endhomelessnesswinnipeg.ca/new-winnipeg-outreach-network-resource-guide/		Pocket-sized resource guide listing local supports	

Appendix III: Map



Appendix IV: What is Winter Weather?

Winter weather occurs November 1-April 30 and may include a range of seasonal hazards that can pose risks to individuals' health and safety:

Blizzards

A blizzard occurs when strong winds and heavy or blowing snow combine to cause low visibility. In whiteout conditions created by blizzards, people have become lost even when going only short distances.

Freezing rain and ice pellets

Freezing rain or freezing drizzle is precipitation that falls in liquid form at first, but then falls through a layer of cold air. If this cold air layer is thick enough and the air temperature is below freezing, the precipitation freezes on contact with objects on the ground that are below freezing temperature, forming a coating of ice on its surface. Walking can be dangerous in such conditions. Ice pellets are raindrops that freeze before they reach the ground, after falling through a layer of air that is below freezing. Icy conditions from freezing rain often result in not only icy conditions but tree damage, infrastructure damage and power disruptions.

Snow

Heavy snowfall can greatly reduce visibility, create hazardous road conditions, and knock down trees and power lines. Blowing snow is snow driven by strong winds. It reduces visibility and can cause deep drifts, which can impede transportation. Snowdrifts and snowplough deposits can also make it difficult for people to navigate on foot.

Wind chill and cold temperatures

Wind chill is when the wind makes cold temperatures feel even colder. Environment and Climate Change Canada's wind chill index will tell you the combined cooling effect of these factors on the human body. It uses temperature-like units to liken the current conditions to how cold your skin would feel on a calm day. Cold temperatures can also be hazardous, even if there is little or no wind. Wind chill and cold temperatures can cause exposed skin to freeze very quickly, leading to frostbite. Extremely cold conditions can cause hypothermia, a potentially fatal condition.

Winter storms

Winter storms are large-scale weather systems that measure hundreds of kilometres across. Winter storms tend to move from west to east and can produce strong winds, heavy snowfall, freezing rain and bitterly cold temperatures as they affect a given area.

Appendix V: Recognizing and Responding to Cold Illness

Exposure to cold can be uncomfortable, but it can also result in more serious health problems such as *frostbite* or *hypothermia*, which can be life-threatening. It is not uncommon for people to experience *wind burn*, *trench foot* or *frostnip* from exposure to cold or wet weather.

Wind Burn:

Wind burn occurs when cold wind removes the top layer of oil from the skin.

Signs of wind burn include:

- excessive dryness
- redness
- soreness
- itchiness

Although wind burn is different than sunburn, people often confuse the two because the symptoms are similar.

Response:

- Do not scratch or rub the affected area as this can damage the skin
- Apply a protective skin care product (e.g. therapeutic moisturizers) to the affected area(s) as needed to help relieve symptoms
- Use a protective lip balm to treat lips

Trench Foot:

Trench foot results from prolonged exposure to a damp and cold environment. No freezing occurs, but there can be permanent damage.

Signs of trench foot include:

- Numbness or pain, leg cramps, swelling, tingling pain, blisters or ulcers, bleeding under the skin, or gangrene (sores, cold skin, fever, dizziness)

Response:

- Take off socks
- Clean the feet right away
- Dry feet thoroughly
- Apply heat packs or immerse feet in warm (not hot) water for up to five minutes

If symptoms of trench foot fail to improve, call a doctor.

Frostnip:

Frostnip is an early stage of frostbite, where only the skin freezes.

Signs of frostnip include:

- Irritation, tingling or burning sensation in the area affected
- Those with fair skin, may observe it as yellowish, reddish or white, but soft to the touch

Response:

- Passive warming: move to a warm room, remove wet clothing, wrap in dry blankets.
- Do not thaw skin if there is a risk that it can refreeze, i.e., further risk of exposure
- If no further risk of refreezing, consider warming by immersing in warm (not hot) water

- Do not apply direct heat or place near heat source
- Do not rub, massage or shake injured skin as this can cause more damage
- Avoid walking on frost nipped feet

Frostbite:

Frostbite is a severe injury occurring when skin and body tissue freezes due to prolonged exposure. Frostbite can cause permanent damage to the affected area. Frostbite most often affects fingers, toes, ears or nose but can also occur in other areas.

Signs of frostbite include:

- Numbness or loss of feeling in affected area
- Skin that is hard or waxy to the touch
- Fair skin that appears white or grayish-yellow
- Blistering after thawing

Response:

- **Severe frostbite requires immediate medical attention: call 911**
- While waiting for help to arrive, begin treating with passive warming: move to a warm room, remove wet clothing, wrap in dry blankets
- If moving to a warmer space, try to pad or splint affected areas to minimize further damage

Hypothermia:

Hypothermia is a life-threatening condition that requires immediate medical attention. It occurs when the body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature averages 37° C. Hypothermia occurs when the body temperature drops below 35° C.

- In severe cases, unconsciousness and decreased pulse or breathing, or cardiac arrest.

Response:

- **Hypothermia requires immediate medical attention: call 911.**
- While waiting for help to arrive:
 - Find shelter
 - Keep muscles moving
 - Dry and gradually warm the body, especially the centre of the body
 - Wrap in blankets/dry clothing or warm by skin-to-skin contact with another person

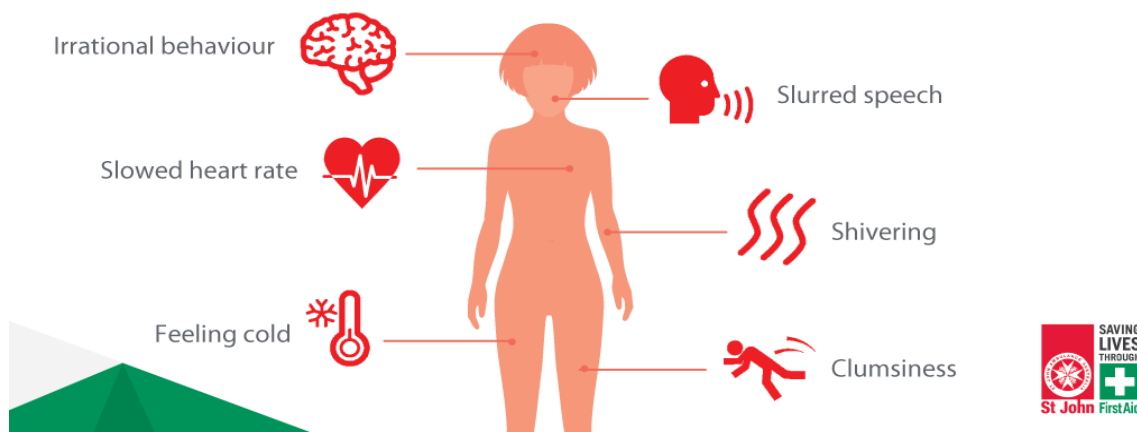


Signs of hypothermia include:

- Uncontrollable shivering, drowsiness or exhaustion, confusion, fumbling hands, memory loss, or slurred speech
- Drink warm, sweet liquids
- Don't fight shivering, as this is one of the ways the body increases its core temperature

If the person is unconscious, lay them down and avoid shaking them or handling them roughly as this can affect the heart and create an irregular heartbeat.

HYPOTHERMIA WARNING SIGNS



Appendix VI: Prevention

Recommendations for keeping warm to prevent cold illness include:

- Check weather forecasts often and stay alert for weather watches and warnings
- Wear clothing appropriate for the weather, such as wind resistant outer layer, warm socks, gloves, hat, and scarf
- If you get wet, change into dry clothing as soon as possible
- Be aware of safe places where you or others can go to warm up
- Be aware of the signs of frostbite and hypothermia, and who to call if you need help
- Avoid consuming alcohol before going out in the cold. Alcohol can increase the risk of hypothermia because it increases blood flow to the extremities of the body
- If you are caught in a severe snowstorm, or outside in extreme cold conditions, look for shelter. Even if you find shelter, keep moving to maintain your body heat

For more information on the effects of extreme cold, please visit Health Canada "[Extreme Cold](#)" or Province of Manitoba "[Cold Weather and Your Health](#)" online.

Recommendations for preventing the transmission of COVID-19 include:

- Maintain physical distance of at least 2 metres from others
 - If physical distancing may not be possible, and when indoors, wear a disposable procedure mask or a non-medical fabric mask or face covering
- Wash hands frequently and thoroughly with soap and water
 - If soap and water are not available, rub hands with an alcohol-based sanitizer
- Cover coughs and sneezes with a tissue or sleeve
- Seek testing as soon as possible if any symptoms of COVID-19 are present

These recommendations can also help to prevent transmission of some other types of viral infections that are prevalent in the winter, such as colds or flu.

For more information on COVID-19, please visit Public Health Agency of Canada "[Coronavirus disease \(COVID-19\)](#)" or Province of Manitoba "[COVID-19](#)" online.