

## Cold Injuries – Symptoms, First Aid and Follow Up

	<b>Frostnip</b>	<b>Frostbite</b>	<b>Hypothermia</b>
<b>Symptoms</b>	An early warning of frostbite – affected skin becomes white and numb	Affected skin becomes very cold and turns white or yellowish-gray and feels hard and swollen blisters may appear	Cold, pale skin, confusion, shivering, loss of coordination, slurred speech, fatigue or lethargy (feeling sleepy)
<b>First Aid Care</b>	Bring the child inside and remove all wet clothing. Place chilled body parts in warm (NOT HOT) water until feeling returns.	Bring child inside and warm. If feet are affected, carry them. Call 9-1-1 and remove wet clothing. Place clean cotton gauze between affected toes or fingers.	Bring child inside, warm and remove wet clothing. Call 9-1-1 if the child is unconscious and follow the steps for <i>Unconscious/Fainting</i> .
<b>Doctor or 9-1-1</b>	Doctor if the condition does not improve	9-1-1	9-1-1



Rev. 02.2021