

# FROSTBITE & HYPOTHERMIA

Avoid ❄️ Spot ❄️ Treat

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

## Know who is at high risk:



Older adults  
without proper food,  
clothing or heating



People who stay  
outdoors for long periods  
(homeless, hikers, hunters, etc.)



People who drink  
alcohol in excess  
or use illicit drugs



Babies sleeping in  
cold rooms

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE

EARS

TOES

CHEEKS

CHIN

FINGERS