

# FROSTBITE & HYPOTHERMIA | Avoid \* Spot \* Treat

Do you know the difference between Frostbite & Hypothermia?

## FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.

### Signs & Symptoms

❄️ **Redness or pain** in any skin area may be the first sign of frostbite.

### Other Signs Include:

- ❄️ A **white or grayish-yellow** skin area
- ❄️ Skin that feels unusually **firm or waxy**
- ❄️ **Numbness**

## HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

### Signs & Symptoms

#### Adults:

- ❄️ Shivering
- ❄️ Exhaustion
- ❄️ Confusion
- ❄️ Fumbling hands
- ❄️ Memory loss
- ❄️ Slurred speech
- ❄️ Drowsiness

#### Infants:

- ❄️ Bright red, cold skin
- ❄️ Very low energy

 If a person's temperature is **below 95°** get medical attention immediately.