

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

If a person is experiencing hypothermia or frostbite...



1. Seek medical attention as soon as possible.



2. Get the person into a warm room or shelter.



3. Remove any wet clothing.



4. Warm the person under dry layers of blankets and clothing.



5. Place areas affected by frostbite in warm-to-touch water.

## Frostbite Caution

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:



Unless necessary, do not walk on feet or toes with frostbite.



Do not use a fireplace, heat lamp, radiator or stove for warming.



Do not use a heating pad or electric blanket for warming.



Do not rub or massage areas with frostbite.