

FROSTBITE VS HYPOTHERMIA

Winter events can be an exciting way to bring church members together. Winter can also bring extended periods of extreme temperatures. Even short periods of exposure to this extreme cold can cause health problems. And while frostbite does require exposure to temperatures below freezing; hypothermia, a condition during which your body loses heat faster than it can produce it, can set in if temperatures are even above **50°F (10°C)** if it is wet and windy. Insurance Board wants to make sure everyone is safe as the temperatures fall. Here are some tips to cope.

Tips to prevent cold related illness:

- Wear several layers of loose-fitting clothing.
- Wear water-resistant boots.
- Wear mittens or gloves.
- Wear a scarf or mask to cover your face and mouth.
- Wear a hat.
- Wear a water-resistant coat.

Recognize the signs of **frostbite**:

- Redness or pain in any skin area.
- White or grayish skin.
- Skin that feels unusually firm or waxy.
- Numbness.

How you can treat **frostbite**:

- Seek medical attention as soon as possible.
- Get to a warm room or shelter and remove wet clothing.
- Remove jewelry that could impair circulation.
- Place dry gauze between toes and fingers to keep them from sticking together.
- Elevate the affected area.

Recognize the signs of **hypothermia**:

- Shivering.
- Exhaustion.
- Confusion.
- Fumbling when trying to use your hands.
- Memory Loss.
- Slurred Speech.
- Low body temperature (below 95 degrees).

How you can treat **hypothermia**:

- Seek medical attention as soon as possible.
- Get to warm shelter and remove wet clothing.
- Warm under several layers of dry blankets.
- Place areas affected by frostbite in warm water.
- If the person is conscious, provide them with warm non-alcoholic beverages.

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