

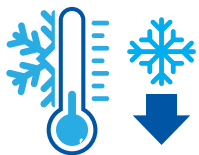
# EXTREME COLD

**Cold weather can cause serious and sometimes life-threatening health problems. You can protect yourself by being aware of what to watch for and taking steps to stay safe.**

The cold can make illnesses such as asthma, chronic bronchitis, and emphysema worse and increase the risk of heart attacks and strokes.

**IMMEDIATELY CALL 911** if you think you or someone else is having a heart attack, stroke, or experiencing another medical emergency.

## HYPOTHERMIA AND FROSTBITE ARE SERIOUS AND NEED IMMEDIATE MEDICAL ATTENTION



### HYPOTHERMIA:

**When your body loses heat too fast**

**Watch for these signs:**

- Breathing is fast and shallow
- Strong shivering
- Clumsy, uncoordinated movements and confusion
- Pale skin and lips, ears, fingers and toes may turn blue
- In severe cases, skin looks blue and puffy, and it becomes hard to move your body



### FROSTBITE:

**When skin freezes**

**Watch for these signs:**

- **EARLY:** skin is red, puffy, and feels like stinging or burning
- **NEXT:** tingling and skin turns grey, purple or brown
- **SEVERE:** skin feels numb and looks



## PROTECT YOURSELF DURING COLD WEATHER:



### Wear warm clothes

- ✓ Cover skin with a hat, gloves, and scarf
- ✓ Use thick socks and waterproof boots
- ✓ If your clothes get wet, change right away



### Dress in layers

- ✓ Wear a base layer
- ✓ Sweater
- ✓ Jacket



### Keep moving to stay warm

- ✓ Avoid standing still for too long



### Find shelter

- ✓ Take breaks inside heated buildings
- ✓ Shelter from the wind



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