

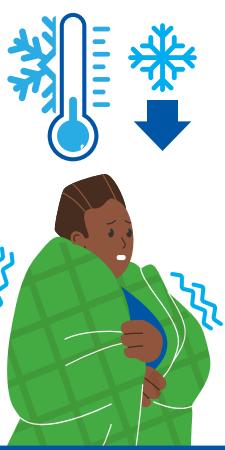
EXTREME. COLD

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

