

South Central's Health on Blast

Frostbite

- Frostbite is an injury that is caused by exposure of parts of the body to the cold. The cold causes freezing of your skin and underlying tissues.
- CDC reported that as many as 700 people die of hypothermia each year.
- Hypothermia: Is a dangerous drop in body temperature, usually caused by exposure to cold temperatures.

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Symptoms

➤ Symptoms: Frostbite can cause feelings of cold and firmness in the affected area, such as the fingers or toes. Stinging, burning and numbness can also occur. You may experience pain, throbbing, burning or an electric current-like sensation when the affected area is re-warmed.

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Who's Most at Risk

- People intoxicated with alcohol or other substances
- The very young or the very old
- People with poor circulation
- People with diabetes
- People who work outdoors, homeless, and wearing constricting clothing and footwear

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Prevention

- Wear several layers of warm clothing
- Wear dry, warm gloves, socks, and insulated boots
- Replace wet clothes immediately
- Cover your head. 30% of heat loss occurs through the head.