

KNOW THE FACTS!

Dangers of Extreme Cold

Exposure to cold temperatures can result in serious or life-threatening health problems. Taking proper safety precautions are your best defense against extreme cold weather conditions and reduce the risk of weather-related health problems.

What are signs of frostbite?

- Be aware of any loss of feeling, especially in extremities (fingers, toes, ear lobes and tip of nose).
- Be aware of white or pale appearance, especially in extremities (fingers, toes, ear lobes and tip of nose).
- If symptoms are detected, get out of the cold and seek medical help as soon as possible.

What are signs of hypothermia?

- Be aware of uncontrollable shivering.
- Signs of increasing hypothermia include memory loss, disorientation, incoherence, slurred speech and apparent exhaustion.
- If symptoms are detected, get victim to warm location, replace wet clothing with dry clothing, and wrap the entire body in blanket. Seek medical help immediately.

What precautions can I take?

It is important that you dress warmly during winter periods.

- Wear layers of clothes and a hat to maintain body heat.
- Keep clothes dry – wet clothes lose their insulation value and lose heat rapidly.
- Cover your mouth when going outdoors to protect lungs from extreme cold.

For more information contact Hamilton County Public Health at 513-946-7800.



PREVENT. PROMOTE. PROTECT.

250 William Howard Taft Road, 2nd Floor
Cincinnati, OH 45219
Phone 513.946.7800 Fax 513.946.7890
hamiltoncountyhealth.org