

Fast Facts

Frostbite

- Happens when skin and underlying tissues freeze
- Usually caused by exposure to cold-weather conditions
- Can also occur by having direct contact with ice, frozen metal, or very cold liquids
- Most common on the fingers, toes, nose, ears, cheeks, and chin
- If you don't wear clothes that are suitable for the conditions and/or stay out in the cold and wind for too long, your chances of developing it increase drastically
- Even if you're wearing protective clothing, frostbite can still happen
- Has several stages: frostnip, superficial frostbite, and deep (severe) frostbite

Symptoms	Treatment	Prevention
<p><i>Initial:</i></p> <ul style="list-style-type: none">-Cold skin-Prickling feeling <p><i>Later:</i></p> <ul style="list-style-type: none">-Numbness-Red/white/bluish-white/grayish-yellow skin-Hard/waxy-looking skin-Clumsiness-Joint/muscle stiffness-Blistering after rewarming (severe cases)	<p><i>All:</i></p> <ul style="list-style-type: none">-Avoid further exposure to cold-Don't apply direct heat or rub the area-Remove tight clothing/jewelry-Don't walk on affected feet-Take over-the-counter pain relievers-Don't pop any blisters <p><i>Frostnip:</i></p> <ul style="list-style-type: none">-First aid at home-Rewarm area gradually-Apply aloe to area several times a day <p><i>Frostbite (Superficial or Deep):</i></p> <ul style="list-style-type: none">-Rewarm area-Prevent infection-Elevate to reduce swelling-Remove any dead tissue	<ul style="list-style-type: none">-Know the weather forecast so you'll know how to dress-Dress in layers-Undergarments should wick away moisture from your skin-Outer garments should be windproof and waterproof-Remove wet clothing as soon as possible-Wear a hat or headband that covers your ears-Mittens are better than gloves -Socks should wick away moisture while providing adequate insulation-Can use hand and foot warmers in mittens and boots-Limit the amount of time you spend outdoors in cold, wet, or windy weather-Keep moving—just don't overdo it-Watch for signs of frostbite and if you notice any, go inside-Avoid drinking alcohol when you're outdoors in cold weather-Before going out in the cold, eat well-balanced meals and stay hydrated-If traveling in cold weather, make sure you have emergency supplies and warm clothes with you in the event you become stranded