

Frostbite and Hypothermia



Hypothermia (abnormally low body temperature) and frostbite are both dangerous conditions that can happen when a person is exposed to extremely cold temperatures.

Hypothermia

Hypothermia can also happen at cool temperatures (above 40°F) if a person is wet and becomes chilled. Common signs of hypothermia include:

- Shivering and fumbling hands.
- Low energy/exhaustion.
- Confusion and memory loss.
- Slurred speech.

Frostbite

A victim is often unaware of frostbite because frozen tissue is numb, usually extremities like the nose, ears, cheeks, chin, fingers, and toes. Signs of frostbite include:

- Redness or pain, especially on exposed skin.
- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy.
- Numbness.

The people in the highest risk groups include:



Older adults without proper food and heating.



People who stay outdoors for long periods of time (hikers, hunters, homeless, etc.).



People who drink alcohol in excess or use illicit drugs.



Babies sleeping in cold rooms.

If a person's temperature drops below 95°F get medical attention immediately. Information from the Centers for Disease Control and Prevent. Learn more at [cdc.gov](https://www.cdc.gov)