

# Cold Injuries:

## FROSTBITE

The most common risks of extreme weather exposure are injuries from falling, frostbite, and hypothermia. To prevent any physical injuries from slippage or falling, avoid long walks, and try to salt and remove snow from your driveway.

Frostbite is an injury that occurs when the skin and underlying tissue freeze.

Symptoms can include numbness, pain, blisters, swelling, and colour discolouration. This can look differently on a variety of different skin tones. Pale/light-skinned people can experience colour discolouration that can look red and purple. People of colour can experience colour discolouration that can look lighter than its original tone.

### **THERE ARE STAGES OF FROSTBITE TO LOOK OUT FOR:**

1. Frost Nip - Symptoms: cold, sore, and painful.
2. Superficial Frostbite - Symptoms: skin feelings of pins and needles, and there are patches of peeling skin.
3. Deep Frostbite - Symptoms: numbness, and skin can become hard and can darken.

### **WHAT TO DO IF EXPERIENCING FROST NIP?**

- Do not massage or rub the affected area.
- Warm the area gradually. Use body heat or warm water.
- Avoid using direct heat, which can burn the skin.
- Once the area is warm, do not re-expose it to the cold.

### **WHAT TO DO IF EXPERIENCING FROSTBITE?**

- Seek medical attention at an emergency room or urgent care centre. If necessary, call 911!
- Follow previous safety steps.

