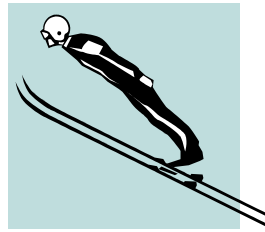




Information for You from Your Health Care Team

Frostbite Safety



Cold weather without protection can result in frostbite. Parents can protect their children by:

- Dress your children warmly. Many thin layers will help keep children dry as well as warm. Clothing should consist of long underwear, turtle necks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- Set time limits for outdoor play. Call children inside often so they can warm up with warm drinks such as hot chocolate.
- When possible, avoid taking infants outdoors when it is colder than 40 degrees. Infants lose body heat quickly.

If a child complains of numbness in the fingers, toes, nose, cheeks, or ears while playing in the snow, or if skin is blistered, hard to the touch or glossy, they may have frostbite. Take the following steps:

- Take the child indoors.
- Call a doctor.
- Tell the child to wiggle the body part(s) to increase blood supply to that area.
- Warm the frozen part(s) against the body
- Put frozen part(s) in warm, NOT HOT, water. Frozen tissue is fragile and can be damaged easily. Avoid warming with high heat from radiators, fireplaces, or stoves. Avoid rubbing or breaking blisters.

Speak up if you have any questions or concerns

