

Baby, It's Cold Outside

BY: SRA EMMA PATTERSON DEC 2021

COLD INJURIES

It is getting colder and colder outside. Here are a few things to keep in mind as the temperatures drop.

There are various injuries associated with long-term exposure to cold : sunburns, dehydration, frostbite, and hypothermia. High risk individuals include babies, the elderly, and those who consume alcohol.



PREVENTION

- Protect exposed skin
- Stay hydrated
- Layer up
- Wear water proof boots
- Eat plenty of food
- Get out of the wind

References: www.cdc.gov



SYMPTOMS/ TREATMENT

Symptoms

- Red, Blue, or grey skin
- Numbness
- Tiredness
- Uncontrollable shaking
- Cold waxy skin
- If the members temperature is lower than 95 degrees F

Treatment

- Change into new or dry clothes
- Go to a warm room
- Warm up under layers of blankets
- Seek medical help or go to the UC ASAP

