



FRIGID

WITH A CHANCE OF FROSTBITE

Be prepared! Stay warm and informed.

WHO IS AT RISK?

Normal body temperature is around 98.6°F (37°C), as measured by mouth. Hypothermia is defined as a drop in body temperature below 95°F (35°C). Those most at risk are people who work outside, people in poor physical condition, the elderly, infants and people with chronic health problems such as diabetes, heart disease and hypertension. Smokers and people with diabetes and other circulatory problems have a higher risk of developing frostbite.

TAKE PRECAUTIONS

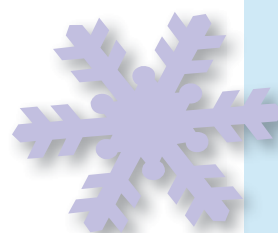
- Stay indoors and in a warm area.
- Avoid drinks containing caffeine and alcohol.
- Increase your fluid intake by drinking juice, sports drinks, and warm fluids such as broth.
- Several layers of clothing are better than a single heavy layer. Space between the layers works as insulation to help keep you warmer.
- Minimize sitting or squatting in the cold for prolonged periods of time. These positions can hinder circulation.
- While outdoors, take frequent breaks in a warm place.
- Watch the amount of time an infant is in a cold room or outdoors.
- If you have to be outdoors, schedule outdoor activities during the warmest part of the day, usually 10 a.m. to 3 p.m.
- Adjust to outdoor activity. Extreme cold puts a strain on the heart.
- Prevent chapped skin by frequent application of protective lotions.
- Carry extra clothes and blankets.
- Use the buddy system. Monitor the condition of your friends and co-workers.
- Don't use recreational drugs. They impair judgment and the body's response to the temperatures.
- Research road conditions and make appropriate changes to travel plans.

In cold weather wear a hat and scarf, sleeves that are snug at the wrists, mittens or gloves and water resistant coat and boots.

MEDICATIONS INCREASE YOUR RISK

Medications can increase the risk of temperature related illnesses. The following types of medications can increase the risk. Consult your doctor.

- Antidepressants
- Anti-Parkinson drugs
- Psychiatric drugs
- Some antihistamines
- Sleeping pills
- Laxatives
- Diuretics or water pills
- Heart medication
- Amphetamines
- Chemotherapy drugs



STAY INFORMED
BY LOCAL MEDIA FOR EMERGENCY ALERTS

MISSOURI DEPARTMENT OF TRANSPORTATION
<http://maps.modot.mo.gov/timi>

BY LOCAL PUBLIC HEALTH AGENCIES

GET ASSISTANCE
UNITED WAY REFERRAL
211

HIGHWAY PATROL
800-525-5555
or DIAL *55
(from a cell phone)

911

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF ENVIRONMENTAL EPIDEMIOLOGY
P.O. BOX 570
JEFFERSON CITY, MO
65102-0570
573-751-6102

HEALTH.MO.GOV

AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION
EMPLOYER
Services provided on a
nondiscriminatory basis.

FROSTBITE

Frostbite is the actual freezing of the tissue or a body part. It often affects the ears, nose, fingers and toes.

Signs and Symptoms

- Numbness
- Reduced blood flow
- Pale or waxy white or gray skin
- Aching in the affected body part
- Tingling or stinging sensation

What to Do

If frostbite is detected, seek medical attention. If there is frostbite but no sign of hypothermia and immediate medical care is not available, do the following:

- Move to a warm dry area.
- Remove wet or tight fitting clothes.
- Avoid walking on frostbitten toes or feet.
- DO NOT rub affected area, this can cause more damage.
- DO NOT use a heating pad, heat lamp or stove, fireplace or radiator for warming.
- Gently place affected area in warm water- DO NOT use water any hotter than 105°F.
- After warming injured area, wrap in sterile gauze, keeping fingers and toes separated.
- If normal sensations haven't returned in 30 minutes, seek medical attention.

HYPOTHERMIA

Hypothermia is an abnormally low body temperature and is considered more dangerous than frostbite. It is caused by the general cooling of the body and can quickly become life threatening. If the body temperature drops below 86°F (30°C), death can occur.

Warning Signs

- Apathy
- Weakness
- Drowsiness
- Exhaustion
- Numbness
- Glassy stare
- Impaired judgment
- Loss of consciousness
- Uncontrolled shivering.
In severe cases, shivering stops.
- In infants, skin turns bright red and cold
- Infants with a low energy level

What to Do

Call **911** for immediate medical attention! Until medical attention arrives:

- If needed, give rescue breathing and CPR.
- Warm the body core first, NOT the extremities.
- DO NOT warm the victim too fast. Rapid warming may cause heart arrhythmias.
- Gently move victim to a warm place.
- Remove wet clothing and dry the skin.
- Monitor the victim's temperature.
- Monitor the victim's blood pressure and breathing.



WIND CHILL CHART

		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	Cal	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	5	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	10	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	15	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	20	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	25	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	30	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	35	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	40	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	45	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	50	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
55	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite occurs in 15 minutes or less

LIFESTYLE RISK FACTORS

- People who are homeless or have living quarters without heat
- People with no transportation to get to heated facilities
- People who do not have appropriate clothing for the weather
- People who do not understand the weather conditions and reports
- People with substance abuse issues