



Cold Stress Learn the Signs

Illness	Signs & Symptoms	Recommended Actions
<p>Dehydration Usually occurs when the body's output of water is greater than the body's input</p>	<ul style="list-style-type: none"> -Thirsty -Lightheadedness -Muscle cramps -Headache 	<ul style="list-style-type: none"> -Drink water or sports drinks that contain electrolytes -Drink to quench thirst
<p>Mild hypothermia Usually occurs when the core body temperature drops between 98-90 F</p>	<ul style="list-style-type: none"> -Shivering -Lack of coordination, stumbling, fumbling, hands -Slurred speech -Memory loss; and/or -Pale, cold skin 	<ul style="list-style-type: none"> -Move to warm area -Stay active -Remove wet clothes and replace with dry clothes or blankets and cover head -Drink warm (not hot) sugary drink
<p>Moderate Hypothermia Usually occurs when the core body temperature drops between 90-86 F</p>	<ul style="list-style-type: none"> -Shivering stops -Unable to walk or stand -Confused and irrational 	<ul style="list-style-type: none"> -All of the recommended actions for mild hypothermia plus the following: -Call 911 for an ambulance Cover all extremities completely -Place very warm objects, such as hot packs or water bottles on the victim's head, neck, cheek, and groin
<p>Severe Hypothermia Usually occurs when the core body temperature drops between 86-78 F</p>	<ul style="list-style-type: none"> -Severe muscle stiffness -Very sleepy or unconscious -Ice cold skin -Death 	<ul style="list-style-type: none"> -Call 911 for an ambulance -Treat the victim very gently -Do not attempt to re-warm
<p>Frostbite Usually occurs when the skin actually freezes and loses water when temperatures are below 30 F. Wind chill factor can allow frostbite to occur in above freezing temperatures.</p>	<ul style="list-style-type: none"> -Cold, tingling, stinging or aching feeling in the frostbitten area followed by numbness -Skin color turns red, then purple, then white or very pale -The skin is cold to the touch -Blistering in severe cases 	<ul style="list-style-type: none"> -Call 911 for ambulance -Do not rub the area -Wrap frostbitten area with a soft cloth -If help is delayed, immerse area in warm (not hot) water. Do not pour water on affected area -Apply sterile dressings to blisters to prevent breaking
<p>Trench Foot Usually occurs by having feet immersed in cold water for long periods of time. Similar to frostbite but less severe.</p>	<ul style="list-style-type: none"> -Tingling, itching or burning sensation -Blisters may also be present 	<ul style="list-style-type: none"> -Soak feet in warm (not hot) water -Wrap with a soft dry cloth or bandage -Drink a warm sugary drink
<p>Chilblains Painful inflammation of small blood vessels as a response to sudden warming from cold temperatures</p>	<ul style="list-style-type: none"> -Red itchy patches of skin -Swelling and blistering on extremities -Burning sensation on skin -Changes in skin color from red to dark blue 	<ul style="list-style-type: none"> -Chilblains will usually go away on its own, making treatment not a necessity -Keep the area warm -Use antiseptic to help reduce the chance of infection