<https://tpchd.org/healthy-places/emergency-preparedness/frostbite-and-hypothermia/>

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**Prevent Frostbite and Hypothermia**

**Stay safe during cold temperatures**

Frostbite and hypothermia happen when you are exposed to extremely cold temperatures. Stay safe and prevent cold-related emergencies:

* Avoid activities in or near cold water unless you know you can get help quickly.
* Be aware of the wind chill. Dress appropriately and avoid staying in the cold too long.
* Wear a hat, gloves and layer clothing.
* Drink plenty of warm fluids or warm water. Avoid caffeine and alcohol.
* Stay active to maintain body heat.
* Take frequent breaks from the cold.
* Avoid unnecessary exposure of any part of your body to the cold.
* Get out of the cold immediately if you have signs of hypothermia or frostbite.

**Frostbite symptoms**

Frostbite occurs when when body parts get too cold and begin to freeze.

What to watch for:

* Numbness or lack of feeling in fingers, toes, nose, or earlobes.
* Skin appears waxy or discolored or feels firm.

**Frostbite—how you can help**

 Seek professional medical care as soon as possible.

1. Move to a warm place.
2. Handle the affected area gently. Never rub. Avoid breaking blisters.
3. Soaking the area in warm water (100–105°F) until it is red and feels warm.
4. Loosely cover the area with dry sterile gauze.
   * Separate fingers or toes with dry sterile gauze.
5. Do not allow the area to refreeze.

**Hypothermia symptoms**

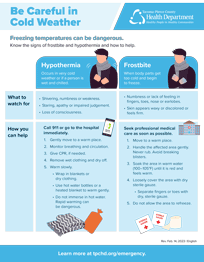
Hypothermia occurs in very cold weather or if a person is wet and chilled.  
What to watch for:

* Shivering, numbness, or weakness.
* Staring, apathy or impaired judgement.
* Loss of consciousness.

**Hypothermia—how you can help**

Call 911 or go to the hospital immediately.

1. Gently move to a warm place.
2. Monitor breathing and circulation.
3. Give CPR, if needed.
4. Remove wet clothing and dry off.
5. Warm slowly.
   * Wrap in blankets or dry clothing.
   * Use hot water bottles or a heated blanket to warm gently.
   * Do not immerse in hot water. Rapid warming can be dangerous.

[](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather.pdf)

**Be careful in cold weather.**

Available in [English](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather.pdf) | [Español (Spanish)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Spanish.pdf) | [អក្សរខ្មែរ (Khmer)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Khmer.pdf" \t "_blank) | [한국어 (Korean)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Korean.pdf) | [Tagalog (Filipino)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Tagalog.pdf) | [Русский (Russian)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Russian.pdf" \t "_blank)  | [Gagana fa’a Samoa (Samoan)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Samoan.pdf) | [Українська (Ukrainian)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Ukrainian.pdf" \t "_blank) | [Tiếng Việt (Vietnamese)](https://tpchd.org/wp-content/uploads/2023/12/Be-careful-in-cold-weather-Vietnamese.pdf" \t "_blank).

**Resources**

* [Pierce County overnight shelters](https://pchomeless.org/facilities/shelters?fbclid=IwAR03ph5WNQlUJuyS2i3VpnSi5147XmSwOVyBbqRV8bpSIggKtwSAySGEHZk).
* CDC—[Prevent hypothermia and frostbite](https://www.cdc.gov/winter-weather/prevention/).