

Cold Weather Health Issues and Concerns

Cold weather can cause serious health problems such as hypothermia, frostbite, and even death. When going outside, dress appropriately to make sure fingers, toes, nose, ears, cheeks and chin are covered in warm, dry clothing.

High-Risk Factors

Cold-related illness can happen even in mild weather. Wind, humidity, or a lack of home heating can make it worse. Other risk factors include:

- Elderly adults and infants/newborns
- People with certain health conditions such as:
 - » Psoriasis
 - » Under-active Thyroid
 - » Adrenal Problems
- Alcohol or drug users
- Those physically unfit or on medications affecting judgment
- People who remain outdoors for extended periods of time
- People in wet clothing



Hypothermia

SIGNS:

- Shivering
- Pale, cold skin
- Fatigue, confusion
- Difficulty walking or talking
- Memory loss
- Drowsiness

WHAT TO DO:

- Get medical help immediately
- Take shelter and remove wet clothes
- Dress warmly and re-warm the body



Frostbite

SIGNS:

- Redness of the skin
- Numbness
- Frozen, pale skin that feels firm or waxy (with or without blisters)



WHAT TO DO:

- Get medical help immediately
- Warm the affected area in warm (**not hot**) water
- Remove rings, watches and other tight jewelry
- Remove wet clothes **DO NOT** rub affected tissues

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