



Global Medical Response has important suggestions for avoiding, recognizing and treating two cold-related illnesses: hypothermia and frostbite. Each year across the United States, nearly 1,300 people die due to exposure from excessive cold.

Layered clothing provides more insulation than one thick garment—the top layer should resist rain, sleet or snow and have zippers for venting body heat if you become too warm.

**If you suspect  
hypothermia or  
frostbite, call 911 for  
help immediately.**



Wear a stocking cap



Wear mittens—they keep hands warmer than gloves



Remove any clothing that gets wet as soon as possible



### **HYPOTHERMIA**

Hypothermia is a general cooling of the body's internal temperature. First aid for hypothermia includes removing the person from the cold setting. Remove any wet clothes and wrap the person in warm dry materials.



### **FROSTBITE**

Frostbite is the actual freezing of a body part, most often the fingers, toes, ears or nose. First aid for frostbite includes removing the person from the cold setting. Handle the affected part gently to protect it from further injury.