



Cold Weather Safety



Do you know how to protect yourself from potentially life threatening situations that arise with hazardous winter weather? If not, now is the perfect time to prepare yourself and your family.

If you are out in the cold and notice dizziness, numbness, confusion, and impaired vision, you may be developing hypothermia. Prolonged exposure to the cold can lead to this life threatening condition, which causes your body temperature to fall well below normal.

To treat someone with hypothermia, call 9-1-1 or your local emergency medical system, and move them to a warmer place. Give the victim warm liquids rather than hot, and avoid alcohol.

Warm the body core first with warm blankets - not the hands and feet. This could drive cold blood quickly to the heart, resulting in heart failure. Contact your local Red Cross chapter for more information on cold weather first aid.