



## Extreme Cold

Health Threats from Extreme Cold	
<p><b>What is Extreme Cold?</b></p>	<ul style="list-style-type: none"> <li>• Temperatures drop below normal and as wind speed increases, heat can leave your body more rapidly.</li> <li>• These weather related conditions might lead to serious health problems.</li> <li>• Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people.</li> </ul>
<p><b>What can happen to me in extreme cold?</b></p>	<ul style="list-style-type: none"> <li>• <b>Hypothermia</b> is the most common cold-related illness.</li> <li>• When exposed to cold temperatures your body begins to lose heat faster than it can be produces.</li> <li>• Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.</li> <li>• Prolonged exposure to cold can use up your body's stored energy.</li> <li>• Severe hypothermia can lead to death.</li> </ul>
<p><b>Signs and Symptoms of Hypothermia</b></p>	<p><b>Warning signs of hypothermia:</b></p> <p><i>Adults:</i></p> <ul style="list-style-type: none"> <li>• Shivering, exhaustion</li> <li>• Confusion, fumbling hands</li> <li>• Memory loss, slurred speech</li> <li>• Drowsiness</li> </ul> <p><i>Children:</i></p> <ul style="list-style-type: none"> <li>• Bright red, cold skin</li> <li>• Very low energy</li> </ul>
<p><b>How can I protect myself?</b></p>	<p><b>Adults and children should avoid going outside if possible.</b></p> <p><b>Dress warmly and stay dry.</b></p> <ul style="list-style-type: none"> <li>• A hat, scarf, or knit mast</li> <li>• Mittens, water resistant coat and shoes.</li> <li>• Wear layers of loose fitting clothing.</li> </ul> <p><b>Keep your home and car prepared with a survival kit:</b></p>