COLD WEATHER SAFETY TIPS

Detroit Fire Department

RISE HIGHER

Frostbite Symptoms

Frostbite damages skin from freezing and victims are often unaware because frozen tissue is numb.

- Redness or pain in any skin area may be the first sign of frostbite
- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

One way to check for frostbite is by pressing your thumb to each finger. Make sure you are able to do this!



Hypothermia Symptoms

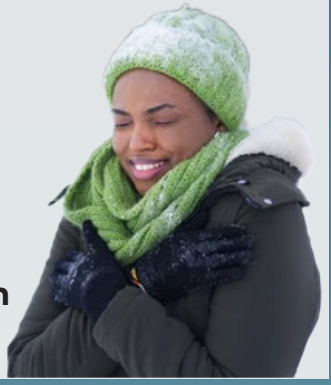
Hypothermia causes the core body temperature to drop too low.

Adults:

- Shivering
- Exhaustion
- Confusion
- Fumbling Hands
- Memory Loss
- Slurred Speech
- Drowsiness

Infants:

- Bright red, cold skin
- Very low energy



Limit Your Exposure to the Cold

- Limit time spent outside in cold weather, especially if the weather is below 0 degrees Fahrenheit.
- If you must be outside, bundle up with a winter coat, layers, mittens, hats, and proper boots. Limit exposed skin.
- If your clothes get wet, go inside and remove them immediately.

HOW TO TREAT SYMPTOMS AND WHEN TO CALL FOR MEDICAL ATTENTION

Frostbite:

Get inside and run skin under warm water, not hot water.

Call 911 if a person cannot get warm or has blisters.

Hypothermia:

Get inside and warm the body's core first, then the extremities.

Call 911 if a person is confused or if a person has stopped shivering.

Visit detroitmi.gov to see where your nearest respite center is located.

Detroit Housing Resource HelpLine at 866-313-2520, operated 24/7.

Call 911!

If you or someone you know is experiencing these symptoms!