

# RECOMMENDED WINTER ATTIRE

## Frostbite and hypothermia

### Winter Attire

Wear loose fitting, lightweight, warm clothing in several layers (the trapped air between the layers insulates). Layers can be removed to avoid perspiration and subsequent chill.

Wear outer garments that are tightly woven, water repellent, and hooded.

Wear a hat (half of body heat is lost through the top of the head).

Wear mittens that are snug at the wrist. Mittens offer better protection.

Gloves allow your fingers to cool much faster than mittens do.

Cover the mouth and nose with scarves to help protect lungs from cold air.

Attempt to keep your feet as dry as possible. Wear wool socks.

### Frostbite

Frostbite is a severe reaction to cold exposure of the skin that can permanently damage fingers, toes, the nose, and ear lobes.

Symptoms are: numbness and a white or pale appearance to the skin.

Seek medical help immediately. Until help arrives warm the body slowly.

Warm the body core before the extremities.

## Hypothermia

Hypothermia is brought on when the body temperature drops to less than 95 degrees.

Symptoms are: slow or slurred speech, incoherence, memory loss, disorientation, shivering, drowsiness, repeated stumbling, and exhaustion.

Seek medical help immediately. Until help arrives begin warming the body very slowly. Warm the body core first. Get the victim into warm, dry clothing, covering the head and the neck. As a last resort use your own body to warm the victim. Do not give alcohol, drugs, coffee or any hot beverage.

Warm broth is better. Do not warm the arms and legs first. This drives the cold blood toward the heart and can lead to heart failure.

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