

# Cold-Related Health Effects

Below are conditions that are cold-related. Keep in mind the overconsumption of alcohol decreases decision-making capabilities and has been found to increase the likelihood of cold-related health effects.<sup>5</sup>

Medical Condition	Symptom(s)	Causes	Safety Tips
Hypothermia <sup>6</sup>	<p><b>Adults</b></p> <ul style="list-style-type: none"> <li>• Shivering, exhaustion</li> <li>• Confusion</li> <li>• Memory loss</li> <li>• Slurred speech</li> <li>• Drowsiness</li> </ul> <p><b>Infants</b></p> <ul style="list-style-type: none"> <li>• Bright red, cold skin</li> </ul>	Body temperature that is too low	<ul style="list-style-type: none"> <li>• If the body temperature is below 95°, seek immediate medical attention.</li> <li>• Move the victim into a warm room.</li> <li>• Remove wet clothing and keep the victim dry.</li> <li>• Warm the center of the body first.</li> </ul>
Frostbite <sup>6</sup>	<ul style="list-style-type: none"> <li>• Redness or pain</li> <li>• White or grayish-yellow skin</li> <li>• Numbness</li> </ul>	Freezing of body parts exposed to cold	<ul style="list-style-type: none"> <li>• Relocate to a warm room.</li> <li>• Do not walk; do not use frostbitten body parts.</li> <li>• Warm the area by submerging in warm water or using body heat.</li> <li>• Do not massage or use heating pads, lamps, stoves, or fires to</li> </ul>
Trench Foot <sup>7</sup>	<ul style="list-style-type: none"> <li>• Pain, tingling sensation</li> <li>• Swelling</li> <li>• Cold, numbness</li> <li>• Blisters may form after</li> </ul>	Feet are wet for an extended period of time	<ul style="list-style-type: none"> <li>• Clean, dry, and elevate feet.</li> <li>• Warm feet by using warm packs or by soaking in warm water.</li> <li>• Seek medical attention.</li> </ul>



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