



Cold Related Illnesses

Cold Related Illness	Description	Signs and Symptoms
Frostnip	Frostnip is a milder example of a cold injury and takes place when the nose, ears, cheeks, fingers and/or toes are exposed to cold conditions causing the top layers of the skin to freeze	<ul style="list-style-type: none">• Feeling of pain, stinging or numbness• Top layer of skin may feel hard, but the deeper tissues continue to feel normal• Paler, shiny, or rosy skin in affected areas
Frostbite	Frostbite is a body injury that results from freezing and most readily affects the nose, ears, cheeks, fingers and/or toes. Frostbite is considered more severe than frostnip because it can permanently damage the body tissue and may result in amputation	<ul style="list-style-type: none">• Reduced blood flow to hands/feet• Numbness, stinging, or tingling• Pale bluish skin
Reynaud's Disorder	Raynaud's Disorder results in a decrease in blood circulation to the fingers and toes and can also be referred to as "White Finger"	<ul style="list-style-type: none">• Cold, tingling, and numbness in fingers/toes• Whitening of fingers, which then progresses into a blue color and then red color
Trench Foot	Trench foot is an injury of the foot due to continuous exposure to cold, damp and wet conditions. Even temperatures between 0°C - 10°C can result in Trench Foot if the feet are regularly wet	<ul style="list-style-type: none">• Red skin• Numbness, tingling and swelling• Blisters and leg cramps• Foot turning dark purple, blue, grayish in color
Hypothermia	Hypothermia results when the body temperature drops below core body temperature	<ul style="list-style-type: none">• <u>Mild</u>: shivering, grogginess, confusion• <u>Moderate</u>: shallow breathing, slurred speech, inability to pay attention, poor body coordination• <u>Severe</u>: weak or loss of consciousness, irregular or non-existent pulse, little or no breathing