# Cold Related Illnesses

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<th>Cold Related Illness</th>
<th>Description</th>
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| 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 | • 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 | • 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” | • 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 | • 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 | • Mild: shivering, grogginess, confusion  
• Moderate: shallow breathing, slurred speech, inability to pay attention, poor body coordination  
• Severe: weak or loss of consciousness, irregular or non-existent pulse, little or no breathing |