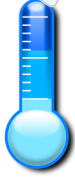




Frostbite Prevention



- Stay indoors when -27 degrees Celsius (or lower)
- Reduce time outdoors when temperature falls below - 15 degrees Celsius (with or without windchill)



- Dress in layers and cover as much as possible of the exposed skin



- Cover ears with a hat as they are easily frost bitten



- Mittens are better than gloves.
Fingers close together provide warmth.

Early Signs of Frostnip:

- Skin turns red with pale yellow or white spots.
- Itch, sting, burn, or feel like “pins and needles”

* Head indoors to gradually warm back up.

For more information on this topic, click on the links below

[Frostbite | Caring for kids \(cps.ca\)](#)

[cold-extreme-froid-eng.pdf \(canada.ca\)](#)

