



Frostbite and Hypothermia: How To Treat

Seek medical care as soon as possible and take the following steps:

Frostbite

- Get into a warm car or room
- Try not to walk on frostbitten feet or toes
- Put the frostbitten area in warm (not hot) water
- Use body heat, such as an armpit, to warm the frostbitten area
- Cover the area with a clean cloth - if your fingers or toes are frostbitten, wrap each one individually and keep them separated
- Don't rub the frostbitten area
- Avoid touching hot surfaces with the frostbitten area, as frostbite makes the area numb

Hypothermia

- Get to a warm car or room
- Remove any wet clothing
- Warm the core of the person's body (chest, neck, head, and groin) using an electric blanket or skin-to-skin contact under loose, dry layers of blankets
- Serve warm, non-alcoholic drinks
- Once body temperature has increased, wrap the individual in a warm blanket to help increase body temperature

SOURCE: National Library of Medicine.
