

INTENSE COLD

DECISION AID

SYMPTOMS	STATE OF HEALTH	DECISION
<ul style="list-style-type: none"> Few or no symptoms Slight discomfort due to cold 	NORMAL	<ul style="list-style-type: none"> Wear warm, dry, windproof clothing Cover your head and extremities Drink hot beverages Eat foods that provide energy Stay active; move your hands and feet
<ul style="list-style-type: none"> Extremities (e.g., fingers, toes, ears, nose): <ul style="list-style-type: none"> Pain or burning sensation Loss of feeling or mild numbness No significant skin discoloration Soft skin (normal to the touch) 	SUPERFICIAL FROSTBITE	<ul style="list-style-type: none"> Warm your skin with body heat or warm water Do not rub or massage your skin Do not expose yourself to cold again Call Info-Santé at 8-1-1, if necessary
<ul style="list-style-type: none"> Extremities (e.g., fingers, toes, ears, nose): <ul style="list-style-type: none"> Loss of feeling or severe numbness White, waxy, and swollen skin Skin hard to the touch 	DEEP FROSTBITE	<ul style="list-style-type: none"> Same advice as for superficial frostbite Consult a physician if your symptoms persist
<ul style="list-style-type: none"> Body T 32°C to 35°C (90°F–95°F) Shivering Confusion, impaired judgment Rapid breathing and pulse Weakness Difficulty walking Cold extremities 	MILD HYPOTHERMIA	<h3>HYPOTHERMIA IS A MEDICAL EMERGENCY</h3> <ul style="list-style-type: none"> Call 9-1-1 Go someplace warm Avoid sudden movements Put on dry clothes Warm your body up gradually If your consciousness is not impaired, drink a warm non-alcoholic beverage
<ul style="list-style-type: none"> Body T 28°C to 32°C (82°F–90°F) Shivering stops Altered consciousness Slow breathing and pulse Loss of movement control 	MODERATE HYPOTHERMIA	
<ul style="list-style-type: none"> T body under 28°C (82°F) Loss of consciousness Cardiac arrest 	SEVERE HYPOTHERMIA	

PEOPLE MOST VULNERABLE TO COLD

- Young children
- Persons 65 years of age or older
- People with reduced mobility or loss of independence
- People with certain chronic diseases (e.g., heart or respiratory failure, asthma, diabetes, malnutrition, neurological disorders)
- People with mental illness
- Drug and alcohol users
- People who are homeless or living on the street
- People living in poorly insulated or poorly heated dwellings
- People who work outdoors

These people are at greater risk of developing cold-related health problems. Check in with them often to make sure they are doing well and taking steps to reduce the impact of cold.

BEWARE OF CARBON MONOXIDE POISONING!

Space heaters that burn fuel (e.g., propane, wood, or oil) can be sources of carbon monoxide. Significant concentrations of this gas are produced when an appliance is defective, poorly maintained, or used in an enclosed area. Carbon monoxide is an invisible, odorless gas that can cause serious and fatal poisoning.

USE HEATING SYSTEMS CAUTIOUSLY!

To learn more about preventing carbon monoxide poisoning and dealing with cold weather, visit [Quebec.ca](https://quebec.ca)