

## **Preventing Hypothermia and Frostbite**

This is an important message from the U. S. Department of Health and Human Services.

Protect yourself against hypothermia and frostbite during cold weather. Wear warm clothing that covers your skin and remove any wet clothing immediately. Limit your time outdoors. Watch for signs of hypothermia and frostbite among elderly adults, babies, people drinking alcohol, and others at risk. Seek immediate medical attention if you suspect someone has hypothermia or frostbite.

To learn more, call 1-800-CDC-INFO.