

Recognizing Frostbite

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

Protect yourself from frostbite. When outdoors, wear warm clothing, such as hats, gloves and jackets. Avoid staying outside unprotected for long periods. At the first signs of skin redness or pain, get out of the cold and protect any exposed skin. Watch for skin that has turned white or grayish, and feels firm, waxy or numb. Seek immediate medical attention if you have any of these symptoms.

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