

Frostbite

Note If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for ☎ White, bluish skin appearance (most often hands, feet, nose, ears)

- Loss of function in a body part

Feel for ☎ Skin firmness/feels frozen

Listen for *statements about*

- Pain, throbbing, loss of feeling, numbness

Action

1. Protect student from continued cold exposure, e.g., bringing student indoors and replacing wet clothing with dry clothing.
2. Treat hypothermia (see “hypothermia,” p. 57) before treating frostbite.
3. For minor frostbite (throbbing, pain), apply simple skin-to-skin contact (such as from a warm hand) to rewarm the area.
4. If frostbite is more severe (white, bluish skin, loss of feeling, numbness) seek medical attention.
5. Wrap affected part(s) in blanket, towels, dry clothing, etc.
6. Offer sips of warm, non-caffeinated, non-alcoholic fluids if student is fully awake.
7. **Do Not:**
 - Allow student to walk if feet are frozen.
 - Rub or massage affected area with anything.
 - Expose frostbitten skin to heat of stove, radiator, heating pad, etc.
 - Break blisters.

