

Frostbite

What is frostbite?

- Frostbite is damage to the body caused by freezing.
- It happens most often to the nose, ears, cheeks, chin, fingers, or toes.

What are the warning signs of frostbite?

- A white or grayish-yellow spot on the skin
- Skin that feels firm or waxy
- Numbness of the area

What should you do if you think you have frostbite?

- Cover exposed skin and get out of the cold.
- Do not walk on feet or toes with frostbite. This can cause more damage.
- Warm the area with warm – not hot – water, or use body heat.
- Do not rub or massage the area at all. This can cause more damage.
- Do not use a heating pad, heat lamp, stove, fireplace, or radiator for warming. Areas that are numb and can be easily burned.
- See a doctor for treatment as soon as possible.

How can you prevent frostbite?

- Watch others for signs of frostbite.
- Someone with frostbite may not know they have it because the area is numb.
- At the first signs of redness or pain in any skin area, cover the skin and get out of the cold.



If you see white patches on the skin, cover the skin and get out of the cold.

To see a doctor and learn more about frostbite, call
Zufall Health Center 973-328-3344