

COLD WAVE





BEFORE

- Have adequate winter clothing. Multiple layers of clothing is also useful.
- Have emergency supplies ready.

DURING

- Stay indoors as much as possible, minimise travel to prevent exposure to cold wind.
- Keep dry. If wet, change clothes quickly to prevent loss of body heat.
- Prefer mittens over gloves; mittens provide more warmth and insulation from cold.
- Listen to radio, watch TV, read newspapers for weather updates.
- Drink hot drinks regularly.
- Don't drink alcohol. It reduces your body temperature.
- Take care of elderly people and children.

- Store adequate water as pipes may freeze.
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose.
- Do not massage the frostbitten area. This can cause more damage.
- Put the areas affected by frostbite in warm – not hot – water (the temperature should be comfortable to touch for unaffected parts of the body).
- Do not ignore shivering. It is an important first sign that the body is losing heat and a signal to quickly return indoors.

IN THE CASE OF HYPOTHERMIA:

- Get the person into a warm place and change his/her clothes.

- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels, or sheets.
- Give warm drinks to help increase body temperature. Do not give alcohol.
- Seek medical attention if the condition worsens.