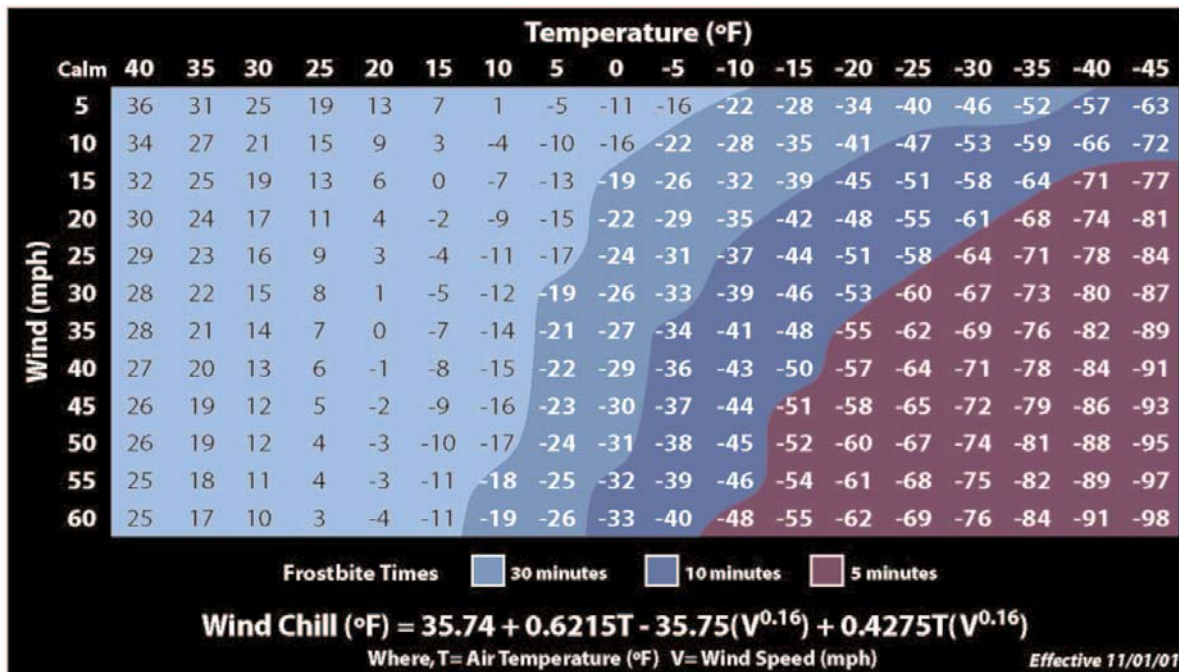


H3-3 Wind Chill

Wind Chill: The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder. If the temperature is 0 degrees Fahrenheit and the wind is blowing at 15 mph, the wind chill is -19 degrees Fahrenheit. At this wind chill temperature, exposed skin can freeze in 30 minutes.



Wind Chill Chart



Frostbite: You have frostbite when your body tissue freezes. The most susceptible parts of the body are fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Get Medical attention immediately for frostbite. The area should be SLOWLY re-warmed.

Hypothermia: Hypothermia occurs when body temperature falls below 95 degrees Fahrenheit. Determine this by taking your temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and exhaustion. Get medical attention immediately. If you can't get help quickly, begin warming the body SLOWLY. Warm the body core first, NOT the extremities. Warming extremities first drives the cold blood to the heart and can cause the body temperature to drop further--which may lead to heart failure. Get the person into dry clothing and wrap in a warm blanket covering the head and neck. Do not give the person alcohol, drugs, coffee, or any HOT beverage or food. WARM broth and food is better. About 20% of cold related deaths occur in the home. Young children under the

H3-3 Continued

age of two and the elderly, those more than 60 years of age, are most susceptible to hypothermia. Hypothermia can set in over a period of time. Keep the thermostat above 69 degrees Fahrenheit, wear warm clothing, eat food for warmth, and drink plenty of water (or fluids other than alcohol) to keep hydrated. NOTE: Alcohol will lower your body temperature.

How to dress for cold weather: The best way to avoid hypothermia and frostbite is to stay warm and dry indoors. When you must go outside, dress appropriately. Wear several layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Remove layers to avoid sweating and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat, because half of your body heat can be lost from your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry and out of the wind.

SOURCE: National Weather Service