EXTREME COLD
EXPOSURE

How to protect yourself

Prolonged exposure to the cold can cause frostbite, hypothermia, or in extreme cases, death. Infants and the elderly are most susceptible to extreme cold.

STAY WARM

Wear layered clothing outdoors

Carry extra clothing, blankets, and high energy snacks in your car

Sleep with extra blankets and layered clothing

THINK OF THOSE AT RISK

Check on elderly friends, relatives, and neighbors daily

Protect the elderly and small children by heating one room to 70 F

Keep the elderly and small children indoors as much as possible

Avoid fatigue and exhaustion during cold weather. Overexertion, such as shoveling snow or pushing a car, can strain your heart.

FROSTBITE

Occurs when the skin becomes cold enough to actually freeze

loss of feeling

white or pale appearance in extremities

HYPOTHERMIA

Can occur during longer periods of exposure when the body temperature drops below 95 F

disorientation

confusion

uncontrollable shivering

EVENTUALLY LEADING TO:

drowsiness

apparent exhaustion

IN SEVERE CASES, DEATH IS POSSIBLE

OEM
Oklahoma Department of Emergency Management