

DON'T LET YOUR HANDS AND FEET FREEZE

FROSTNIP ►

You can fix this on your own.

What it feels like:

- + Burning
- + Tingling
- + Itching

What it looks like:

- + Pink skin around a white center

What to do:

- + Get out of the cold.
- + Keep hands and feet dry.
- + Rewarm your feet or hands. Don't let them refreeze!



FROSTBITE ►

You need help! Go to the Burn Center or closest healthcare facility as soon as possible.

This is a **REAL** emergency!

- + This can happen when it's cold and you sleep outside, if you are wet, and if your clothes are too tight.
- + You must see a doctor within 24 hours or less from the time of exposure if your hands or feet look like the images.



BURN CENTER

50 North Medical Drive, Salt Lake City, UT 84132
801-581-2700