

FROSTNIP/FROSTBITE

Frostbite can result in the same type of tissue damage as a burn. It is a serious condition and requires medical attention.

- Frostbitten skin may:
- Look discolored (flushed, grayish-yellow, pale).
 - Feel cold to the touch.
 - Feel numb to the student.
- Deeply frostbitten skin may:
- Look white or waxy.
 - Feel firm or hard (frozen).

Wear gloves when exposed to body fluids.

- Take the student to a warm place.
- Remove cold or wet clothing, including shoes, and give student warm, dry clothes.
- Protect cold part from further injury.
- **Do NOT** rub or massage the cold part or apply heat such as a water bottle or hot running water.
- Cover part loosely with nonstick, sterile dressings or dry blanket.

- Does extremity/body part:
- Look discolored - grayish, white or waxy?
 - Feel firm/hard (frozen)?
 - Have a loss of sensation?
 - Is the area swollen?
 - Has the affected body part developed blisters?

- YES**
- **Call EMS/911.**
 - Keep student warm and the body part covered.
 - Do not pop blisters, if present.
 - Students who have suffered frostbite may also be suffering from hypothermia. (Also see **"HYPOTHERMIA."**)

- NO**
- Keep student and the body part warm by either soaking body part in warm water or wrapping in blankets for up to 20 minutes.

Contact responsible school authority & parent/guardian.

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Document the care provided.