

Oh, Baby It's Cold Outside

This winter is a good old fashioned Northeast winter with white fluffy snow and a lot of days with temperatures below freezing. When you've lived here your whole life with four seasons of change, you look forward to the diversity of each season. However, with our extreme seasons like summer and winter, we need to take a little better care of ourselves when outside.

Your skin is your first line of defense against many things, especially infection. So it is so important to take care of it properly. During this winter season with the heat on inside and the cold air outside, our skin can dry more quickly. That is why it is important to apply lotions more frequently, to keep the skin more intact and prevent cracks or splitting of the skin.

Also, you want to prevent frostbite and hypothermia. Frostbite is an injury to the body caused by freezing body tissue. The most susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms can include a loss of feeling to the extremity and a discoloration to the skin that is white or pale in appearance. Medical attention is needed immediately for frostbite. Warming of the area should be SLOW.

Hypothermia is abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If not available begin warming the body SLOWLY.

Here are some tips on how to dress properly during cold weather, to prevent the conditions above:

- Dress in several layers of loose-fitting, lightweight, warm clothing. Warm air trapped between the layers provides insulation against the cold.
- As your body gets warmer, remove a layer of clothing to draw away warmth before perspiring. Perspiring increases the risk of frostbite and hypothermia.
- Outer garments should be tightly woven, water repellent, and hooded.
- Wear a hat, because 40% 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.

Treasure and enjoy each day given to us, BUT KEEP WARM!!!

Remember, spring's just around the corner!

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