

Information on Cold Weather Related Conditions

Frostbite

A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen. The skin appears white and waxy and is hard to the touch. There is no sensation – the area is numb.

Frostnip

A mild form of frostbite, where only the skin freezes. The skin appears yellowish or white but feels soft to the touch. It's a painful tingling or burning sensation.

Hypothermia

Being cold over a prolonged period of time that can cause a decrease in body temperature below the normal 37°C. Shivering, confusion and loss of muscular control (for example, difficulty walking) can occur.

Hypothermia can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.