

WIND CHILL HAZARDS

WIND CHILL	EXPOSURE RISK	HEALTH CONCERNS / WHAT TO DO
0 to -9	LOW	Slight increase in discomfort – dress warmly, stay dry
-10 to -27	MODERATE	Uncomfortable with risk of hypothermia and frostbite if outside for long periods without adequate protection. Dress in layers of warm clothing, with an outer layer that is waterproof and wind-resistant. Wear a hat, mittens or insulated gloves, neck tube or face mask and insulated, waterproof footwear. Stay dry. Keep active.
-28 to -39	HIGH	Exposed skin can freeze in 10 to 30 minutes. Dress as above.
-40 to -47	VERY HIGH	Exposed skin can freeze in 5 to 10 minutes. Dress as above.
-48 to -54	SEVERE	Exposed skin can freeze in 2 to 5 minutes. Cover all exposed skin. Dress as above. Be ready to cut short or cancel outdoor activities.
-55 and colder	EXTREME	Outdoor conditions are hazardous. Stay indoors.

High risk of frostnip or frostbite.*
Check face and extremities for numbness and whiteness.

* **Frostbite** - occurs when the skin and underlying tissue (fat, muscle, bone) start to freeze. It occurs when ice crystals form in the skin or deeper tissue. The most common sites for frostbite are the fingers, hands, toes, feet, ears, nose, and cheeks. Symptoms include redness and swelling, pain, blistering, skin may appear white and waxy or be hard and firm to the touch, etc. Children are more prone to frostbite than adults because they lose heat from their skin faster and do not want to come inside when they're having fun playing outdoors. If symptoms of frostbite occur, warming the skin does not help, seek medical treatment immediately.

Frostnip - is less severe and affects the tips of the cheeks, ears, nose, fingers, and toes. Skin may be reddened and feel numb or tingly. If this happens, bring your child inside and warm his skin by using warm compresses or immersing the area in warm water (37 to 40 °C) until sensation returns. Do not rub or massage your child's skin.