

# Information on Cold Weather Related Conditions

## Frostbite

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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

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

## Hypothermia

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Hypothermia is a decrease in body temperature below the normal 37°C as a result of exposure to cold over a prolonged period of time. Shivering, confusion and loss of muscular control (for example, difficulty walking) can occur.

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