

## **WEATHER SAFETY AND PRECAUTIONS**

As the seasons change, so do the clothing needs of your child. Please be aware of the temperature and weather conditions on school days and dress your child appropriately. They are many times during the school year when your child may go outside; therefore, please make sure that your child comes to school dressed appropriately for the weather that day.

### **Cold Weather Precautions**

#### **Hypothermia**

Hypothermia is a decrease in the core body temperature to a level at which normal muscular and brain functions are impaired.

#### **Conditions Leading to Hypothermia**

- Cold temperatures
- Improper clothing and /or wet clothing and equipment
- Fatigue, exhaustion
- Dehydration and /or poor food intake
- Alcohol intake--- causes dilation of blood vessels leading to increased heat loss

#### **What are the signs of hypothermia?**

- Watch for changes and slowing of brain function---fumbling around for things, falling or unsteady, not able to find the right words.
- Uncontrollable shivering
- Slurred speech
- Irrational behavior
- Pale skin and decreased pulse rate

#### **Treatment**

- Reduce heat loss by adding layers of dry clothing and find shelter
- Call emergency help if needed
- Avoid alcohol, caffeine and tobacco/intake

#### **Frostbite**

When the skin or other tissue is exposed to cold temperatures, frostbite may occur. Exposure to extreme cold and wind for a long period of time, increases the risk of cold injuries and frostbite.

What are the signs of frostbite?

	Cold Response	Mild frostbite	Superficial Frostbite	Deep Frostbite
Sensation	Painful	May have sensation	Numb	Numb
Feels	Normal	Normal	Soft	Hard
Color	Red	White	White	White

Prevention is the key.

- Wear warm multilayered, loose fitting dry clothes
- Wear a hat and gloves
- Avoid high , windy areas
- Stay warm through activities
- If you get wet , dry off quickly and change clothes

What is the treatment for frostbite?

- Move person to a warmer area
- Remove wet clothing and constricting jewelry
- Re-warm area in warm—104 F degrees (never hot) water. **DO NOT RUB** the area. Use warm cloths to involved areas (nose, ears) for 20 minutes.
- Apply dry, sterile dressing to frostbitten areas. Wrap each finger and toe separately.

Contact your healthcare provider for further treatment.

**Warm Weather Precautions**

Heat Exhaustion

Heat exhaustion may happen if the body is not able to cool itself through sweating. Act immediately if the following symptoms occur: headache, dizziness, weakness, confusion or inability to think straight, upset stomach, vomiting, fainting or passing out and hot red sweaty skin, and a fever less than 104 F degrees. Call 911 if the fever is over 104 F degrees, loss of consciousness or seizures occur. Do not leave the person alone. Heat exhaustion may progress to heat stroke and possible death.

Heat Stroke

Heat stroke is a medical emergency. Call 911 for help immediately. The symptoms may include: dry, pale skin with no sweating, temperature over 103 F degrees, headache, confusion, seizures, and unconsciousness. Begin assistance at once. Move the person to a cool, shaded area. Lay the person on his or her side, if nausea or upset stomach is present. Remove any heavy clothing. Cool the person's

body with a cool mist of water or wiping the victim with a wet cloth or covering him or her with a wet sheet. Place ice packs under the armpits and groin area. Stay with the victim.