

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER January 2020



Hypothermia and Frostbite

What is hypothermia?

Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.

Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know that it's happening and won't be able to do anything about it.

While hypothermia is most likely at very cold temperatures, it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Who's most at risk?

Victims of hypothermia are often:

Older adults with inadequate food, clothing, or heating

Babies sleeping in cold bedrooms

People who remain outdoors for long periods—the homeless, hikers, hunters, etc.

People who drink alcohol or use illicit drugs.

What are the signs and symptoms of hypothermia?

The following are warnings signs of hypothermia:

Adults: Shivering

Exhaustion or feeling very tired

Confusion

Fumbling hands

Memory loss

Slurred speech

Drowsiness

Babies: Bright red, cold skin

Very low energy

Hypothermia is a medical emergency. If you notice any of the above signs, take the person's temperature. If it is below 95° F, get medical attention immediately!

If you are not able to get medical help right away, try to warm the person up.

- Get the person into a warm room or shelter.
- Remove any wet clothing the person is wearing.
- Warm the center of the person's body—chest, neck, head, and groin—using an electric blanket or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm drinks can help increase body temperature. Do not give alcoholic drinks. Do not try to give beverages to an unconscious person.

After body temperature has increased, keep the person dry and wrap their body, including their head and neck, in a warm blanket.

Get the person proper medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, get emergency assistance immediately. Perform CPR, even if the person appears dead. CPR should continue until the person responds or medical aid becomes available. Keep warming the person while performing CPR. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

What is frostbite?

Frostbite is a type of injury caused by freezing. It leads to a loss of feeling and color in the areas it affects, usually extremities such as the nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

Who's most at risk?

People with poor blood circulation

People who not properly dressed for extremely cold temperatures

What are the signs and symptoms of frostbite?

A white or grayish-yellow skin area

Skin that feels unusually firm or waxy

Numbness

A person who has frostbite may not know they have it until someone else points it out because the frozen parts of their body are numb. If you notice

signs of frostbite on yourself or someone else, seek medical care.

Get the person into a warm room as soon as possible. Do not walk on feet or toes that show signs of frostbite—this increases the damage. Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.

Put the areas affected by frostbite in warm—not hot—water, or warm the affected area using body heat. Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can easily burn. Frostbite should be checked by a health care provider.

www.cdc.gov/disasters/winter/staysafe/hypothermia.html

Federal Minimum Age of Sale for Tobacco Products Raised from 18 to 21 years

FDA regulates all tobacco products, including e-cigarettes, cigars, and hookah tobacco.

On December 20, 2019, the President signed legislation to amend the Federal Food, Drug, and Cosmetic Act, and raise the federal minimum age of sale for tobacco products from 18 to 21 years. The implementation date was December 21, 2019, effective as of the President's signing the legislation. It is now illegal for a retailer to sell any tobacco product—including cigarettes, cigars and e-cigarettes—to anyone under 21. FDA will provide additional details on this issue as they become available. Tobacco retailers play a direct role in protecting kids from nicotine addiction and the deadly effects of tobacco use.

<https://www.fda.gov/tobacco-products/compliance-enforcement-training/retail-sales-tobacco-products>

January is National Blood Donor Month

The American Red Cross urges people to share their good health and resolve to give blood regularly, beginning in January with National Blood Donor Month. Extreme winter weather in some parts of the country and seasonal illnesses often make it difficult for the American Red Cross to maintain a sufficient blood supply at this time of year.

The Red Cross must collect nearly 13,000 blood donations every day for patients in need.

- Type O negative is the universal blood type and what emergency personnel reach for in trauma situations when there isn't time to determine a patient's blood type.

- Type O positive is the most transfused blood type and can be transfused to Rh-positive patients of any blood type.
- Types A negative and B negative can be transfused to Rh-positive or negative patients. For detailed donor eligibility questions, please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org.

https://www.redcrossblood.org/content/dam/redcrossblood/rb/hosting-a-blood-drive/sponsor-bulletins/january_2020_sponsor_bulletin.pdf

Parenting Tips

Whether your kids are snowboarders, figure skaters or just having fun in the snow, here are a few winter sports safety tips to keep them active, healthy and safe.

Winter Sports Safety Tips

1. Use appropriate and properly-fitted sports gear to prevent or reduce the severity of injuries. For winter sports, this gear may include shin guards, mouth guards and especially helmets when they're skiing, snowboarding or playing ice hockey. Based upon recommendations made by the CPSC, we recommend using either a skate style helmet approved to ASTM F1492 or a ski/snowboard helmet approved to either ASTM F2040 or EN1077. While we are unaware of any sledding specific helmets, any of these helmets or a CPSC bicycle helmet would be better than no helmet in many sledding accidents.
2. Encourage kids to drink plenty of water before, during and after play. Compared to adults, children are at increased risk of dehydration—and yes, it can happen even in cold temperatures.
3. Wear warm clothing and use sunscreen. It's also a good idea to have kids come indoors periodically to prevent hypothermia or frostbite –hot chocolate and marshmallows is a great way to lure them in



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