

Frostbite identification

Superficial frostbite:

- ❖ Your skin is numb, pale and swollen.
- ❖ Prickly pain.
- ❖ Blister(s) with pus.

Deeper frostbite:

- ❖ Your skin is white-flecked, or bluish grey.
- ❖ It feels stiff at touch.
- ❖ Your skin is first numb and later painful (pulsating pain).
- ❖ Bloodshot blister(s).

Good to know

Uncovered head vaporizes up to 80 % of body heat in cold weather.

Wear dry socks and shoes. Also try to wear loose clothes.

Remember to move your fingers and toes in cold weather.

Use of protective oily cream may easily increase the risk of frostbite.



Text

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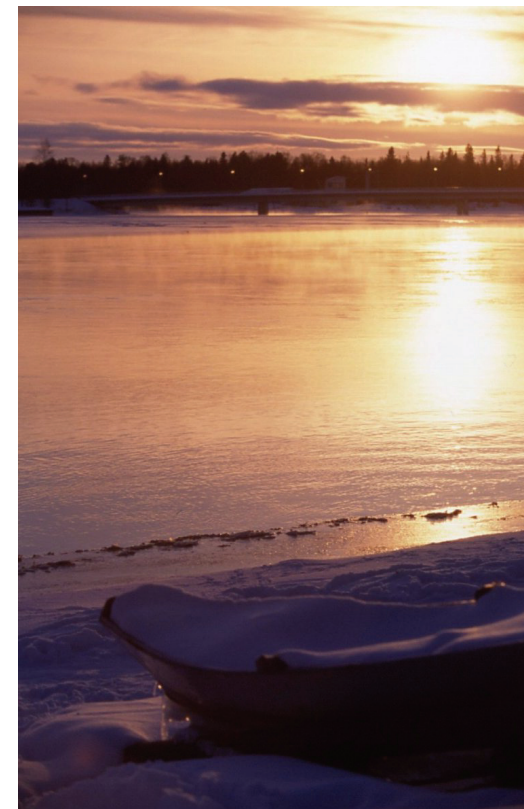
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Protection Against Cold Weather Guide For Immigrants



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Finnish winter

Winter is the longest season in Finland. It lasts from three to six months.

Temperature may vary from -0°C and even down to -35°C .

The first snow usually falls in November.

Snow coating may build up to one meter thick.

The period of darkness is special to Lapland in the middle of winter when the sun does not rise at all. It begins in October/November and lasts about four months: the time varies depending on the location.

Strong wind increases the effect of cold; e.g. when the temperature drops down to -5° and the wind blows 10 m/s this takes the 'chill factor' down to -22°C .

Frostbite sensitive areas are fingers, toes, ears, nose and cheeks.

Proper clothes

The necessary layers of clothes are base layer, midlayer and top layer.

Base layer: underwear may be a long sleeved undershirt and long johns. The best material for underwear is synthetic fibre e.g. thermal underwear.

The midlayer may be of wool, fleece, or cotton.

The top layer should protect you against moisture and wind. The garments should be of tightly knitted material, e.g. a quilted overall.

Hands

- ❖ Undergloves (wool), top gloves (leather, or quilted material).

Feet

- ❖ Socks, woolen socks, shoes of well-insulating material with high ankles and thick soles.
- ❖ Shoes should be big enough for moving your toes in them.

Head

- ❖ Cap which protects your ears, cheeks and neck.

First aid for frostbite

How to nurse superficial frostbites: melt and warm up the frostbite immediately, e.g. your face with your hand; or use warm water (c. 40°C) until the original color of the skin has returned.

Do not scrub your skin with anything!

How to nurse deeper frostbites: make sure there is no danger of new frostbites. Keep the frostbitten part of your body in warm water (c. 40°C) from 30 minutes to two hours.

Remember to warm your whole body: e.g. drink something warm, change into dry and warm clothes.

If the frostbite has not melted or recovered in 30 minutes or if you suspect anything more serious go to the Health Center.

