



First Aid for Frostbite

1. Move victim to warm environment.
2. Remove constricting items.
3. Put dry gauze or fluffy cloth between frostbitten fingers or toes. Protect area.
4. Seek medical attention immediately.
5. Elevate area if possible.
6. Only if medical care delayed, rewarm area.



Slip a frostbitten hand under your armpit. Place a foot by your stomach.
DO NOT RUB a frostbitten limb.
Do not attempt to re-warm by placing the affected part next to a fire.
If there is no chance that the area will re-freeze, place under warm water.