

A Little Chili? Tips for Beating the Cold!

What to Wear:

- * Layers, layers, layers! Believe it or not, several layers of lightweight clothing will help you stay warm! Layers provide great insulation. Ugly Christmas sweaters are acceptable!
- * Don't forget your gloves and hat! These items help to prevent the loss of body heat.
- * An inner and/or middle layer made of wool, silk, or synthetic is a great option to provide insulation– even if it gets wet!
- * Make sure your winter clothes are not too tight! Tight clothing reduces the circulation of blood, and warm blood needs to be circulated to the extremities!
- * A knit mask that covers the face, mouth, and even ears is a great option for long walks in a winter wonderland.
- * Don't forget insulated and waterproof boots!
- * If you begin to sweat, it is acceptable to unzip for a few minutes. Any wetness makes you susceptible to frostbite– sweat included!



Newsletter Spotlight

- Tips for Beating the Cold
- Beating Frostbite!
- Hypothermia Emergencies
- Did You Know? Wyoming Quick Facts

Sources: [OSHA](#) and [American Red Cross](#)

Don't Forget!

- * Pets should be brought indoors or provided shelter to keep them warm. If outdoor shelter is preferred, make sure your pets can get to unfrozen water.
- * When using space heaters, make sure they are on hard, level surfaces and are kept at least three feet away from anything flammable (paper, clothing, bedding, curtains, or rugs).
- * Don't leave space heaters and fireplaces unsupervised!
- * Make sure that a glass or metal fire screen is used on your fireplace. It needs to be large enough to catch sparks or logs that might roll.
- * To prevent your pipes from freezing, run water (even at a trickle). Open the cabinet doors in your kitchen and bathroom to allow warm air to circulate around the plumbing. If there are water lines in the garage, make sure the garage door is closed as much as possible!
- * Never use a stove or oven to heat your home!
- * Never hook a generator to the wiring in your home. If you must use a generator, connect equipment directly to the generator's outlets.



Beat the Bite– Frostbite, That Is!

- * Frostbite occurs when a body is not properly covered during freezing temperatures.
- * Water turns to ice in freezing temperatures. Your appendages– even your nose and ears– can also freeze.
- * Frostbite can occur in as little as five minutes if the weather is frigid!

Early Stage:

- * Skin begins to turn yellow or white.
- * Skin can itch, sting, burn, or you may experience a “pins and needles” feeling.

Intermediate Stage:

- * Skin hardens, and may look shiny or waxy.
- * As the skin thaws, fluid or blood filled blisters form.

Advanced Stage:

- * Skin is cold to the touch and hard.
- * Skin rapidly darkens to blue or black.
- * As it progresses, numbness may occur in the appendage.



Avoid the "bite" by following the proper clothing protocols mentioned above!

Suspect you have frostbite? Here is what to do:

- * First and foremost, get to a warm place!
- * Don't rub your skin, as it can be damaged if it is frozen!
- * DO NOT place frozen appendages in a warm water bath. Numbness may impact your ability to decide if the water is too hot. As an alternative, place a washcloth with warm water on the appendage for at least 30 minutes.
- * If you experience color changes in your skin or it becomes hard, your skin stays numb, you have severe pain as your skin thaws, or blisters form, get to an emergency room!

Source: [WebMD](#)

EMERGENCY! Hypothermia: How to Respond

- * Hypothermia occurs when body heat is lost faster than it is produced, resulting in a dangerously low body temperature.
- * You are considered hypothermic when your body temperature drops below 95 degrees Fahrenheit.
- * As the body temperature drops, the heart, nervous system, and other vital organs cannot work properly.
- * If hypothermia is left untreated, it can lead to complete heart failure, respiratory system failure, and even death.
- * Hypothermia can be caused by either cold weather or immersion in a frigid body of water.

Symptoms of Mild Hypothermia:

- * Shivering (this is the very first symptom that will occur as the body temperature drops and your body attempts to warm itself)
- * Dizziness
- * Hunger
- * Nausea
- * Fast breathing
- * Trouble speaking
- * Confusion
- * Lack of coordination
- * Fatigue
- * Elevated heart rate

Symptoms of Moderate to Severe Hypothermia:

- * Shivering- until hypothermia worsens, which causes shivering to stop
- * Clumsiness and lack of coordination
- * Confusion and poor decision-making– i.e. trying to remove warm clothes
- * Drowsiness and low energy
- * Lack of concern about one's condition
- * Progressive loss of consciousness
- * Weakened pulse
- * Slow and shallow breathing

Did You Know?

Hypothermia can occur in the elderly when they are exposed to indoor temperatures that would otherwise be comfortable for a young, healthy adult.

What to do if you suspect hypothermia in others:

- * Call 9-1-1 immediately.
- * Take the person inside. Be sure to move them carefully and slowly! Sudden and/or jarring movements can cause irregular heartbeats.
- * Carefully remove clothing that is wet, and cover the individual with layers of blankets while you wait for advanced help.

Source: [Mayo Clinic](#)



Happy Christmas to all, and to all a good night!

Did You Know? Wyoming Quick Facts

The coldest temperature ever recorded in Wyoming was –66 degrees Fahrenheit. This frigid temperature was recorded on February 9, 1933, in Yellowstone National Park. This record places Wyoming at number four of the ten coldest temperatures ever recorded in towns nationally.

The worst snowstorm in Wyoming's history occurred in Sheridan. The blizzard began on April 3, 1955, and lasted in excess of 43 hours. The town received four feet of snow.

The windiest city in Wyoming is Casper; however, Cheyenne holds the rank of the fifth windiest city on average nationwide.

Stay warm!



Source: [LaramieLive.com](#); Photo Source: [Dally](#)