



The Maryland State Medical Society

News: For Immediate Release

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STAY SAFE IN THE COLD WINTER MONTHS

BALTIMORE, January 7, 2016 — As temperatures continue to fall, along with the added hazards of winter weather including snow, ice and winds, there is a higher threat for frostbite and hypothermia.

During the cold months of winter it is important to remember:

- Cold is bad, cold and wet is worse. Keep dry if in the cold to prevent damage to body parts
- Avoid exposure to cold, wet weather for lengthy periods of time, if pain becomes severe, rewarm as soon as possible
- Always dress for conditions
- Do not stray too far from shelter for any extended period of time

It is also helpful to know the warning signs of hypothermia such as uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If you or someone you are with are experiencing these and medical care is not available, begin warming the person slowly, warming the body core first. Get the person into dry clothing, and wrap him or her in a warm blanket covering the head and neck. Always remember to follow up with a medical care provider as soon as you are able to.

Dr. Brooke Buckley, MedChi President, urges “Play it smart and safe in extreme weather conditions. If you are so cold that it’s painful, then your body is being damaged. You must get warm or seek help to get warm right away.”

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.