

# AT-A-GLANCE: EXTREME COLD

**Wind Chill Advisory:** *Cold weather expected. Exercise Caution.* Cold and breezy conditions could cause frostbite or hypothermia if precautions are not taken.

**Wind Chill Watch:** *Dangerous cold possible. Be prepared.* There is chance of very cold air and strong winds.

**Wind Chill Warning:** *Dangerous cold expected! Plan ahead.* Very cold air and strong winds means frostbite or hypothermia could occur in a matter of minutes.



## Wind Chill Chart



Wind (mph)	Temperature (°F)																			
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	-69	-75
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	-78	-84
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	-83	-89
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	-87	-93
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	-91	-97
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	-93	-99
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	-95	-101
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	-97	-103
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-92	-98	-104
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-94	-100	-106
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-95	-101	-107
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-83	-90	-96	-102	-108

Frostbite Times: 30 minutes (blue), 10 minutes (light blue), 5 minutes (purple)

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)  
Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

## Warning Signs of Hypothermia

Confusion    Shivering    Difficulty Speaking    Sleepiness    Stiff Muscles

weather.gov/cold

# WATCH FOR FROSTBITE

Frostbite can happen in minutes, especially on the extremities such as fingers, toes, nose, and ears, but can affect any area of exposed skin!



## Frostbite First Aid



**\*Get indoors as quickly as possible! Until you can get inside:**

- ❄ Don't rub or massage cold body parts.
- ❄ Put your hands in your armpits.
- ❄ Hold onto a person or animal.
- ❄ Drink warm liquids.
- ❄ Remove rings, watches and any other tight jewelry.
- ❄ Put on extra layers of clothes, blankets, etc.

# BEWARE OF HYPOTHERMIA

- ❄ Dress in layers
- ❄ Wrap up well when going outside in the cold
- ❄ Avoid breezes and drafts indoors
- ❄ Eat nutritious food and wear warm clothes to ward off winter chill
- ❄ Wear a warm hat in the winter
- ❄ Eat hot foods and drink warm drinks several times during the day
- ❄ If you live alone, ask a family member or neighbor to check on you daily or have a camera installed that a family member can view on their computer
- ❄ Ask your doctor if any medicine you're taking increases your risk of hypothermia. Drugs that may cause a problem include barbiturates, benzodiazepines, chlorpromazine, reserpine, and tricyclic antidepressants.

## DRESSING FOR COLD WEATHER

**CHILLY**  
adding layers will help keep you warm as the temperature drops  
1-2 layers  
long layer  
outer layer to keep out wind, rain  
warm shoes water proof  
weather.gov/safety

**COLD**  
warm hat  
2-3 layers  
gloves  
outer layer to keep out wind, wet snow  
boots water proof  
1-2 layers

**EXTREME COLD**  
warm hat  
face mask  
3+ layers  
1 insulating  
gloves  
outer layer to keep out wind  
boots water proof  
2+ layers

