

# **Want to Stay Warm in Winter? Think COLD**

Winter in many places means ice skating, sledding and snowball fights. But

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hypothermia. Today we talk about how to stay warm, dry and safe.

Frostbite is damage that happens when skin is exposed to extreme cold for too

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People with minor cases of frostbite that affect only the skin may not suffer

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feel pain every time the area gets cold.

If blood vessels are damaged, people can suffer an infection, gangrene.

Sometimes, doctors have to remove frostbitten areas like fingers and toes.

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The condition comes on slowly. Signs include uncontrollable shaking, unusually slow breathing and difficulty thinking clearly. If not treated,

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prepared for the outdoors. Here is a simple way to remember four basic steps to staying warm. Think of COLD -- C.O.L.D.

The C stands for cover. Wear a hat and scarf to keep heat from escaping

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may not keep hands as warm because they separate the fingers.

The O stands for overexertion. Avoid activities that will make you sweaty.

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L is for layers. Wearing loose, lightweight clothes, one layer on top of another, is better than a single heavy layer of clothing. Also, make sure

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Can you guess what the D in COLD stands for? D is for dry. In other words, stay as dry as possible. Pay attention to the places where snow can enter, like

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And a couple of other things to keep in mind, one for children and the other

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drinking alcohol might make a person feel warm, but what it really does is weaken the body's ability to hold heat.

Next week, experts talk about what to do, and not to do, to help someone injured by extreme cold. And that's the VOA Special English Report, written by Caty Weaver.