

know the facts &



APPALACHIAN REGIONAL
HEALTHCARE SYSTEM

apprhs.org

stay safe this Winter

To keep yourself and others safe, continue practicing COVID-19 precautions by

**wearing a mask,
social distancing
& washing
your hands.**



cold exposure



Know the signs of **hypothermia** & **frostbite**.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Symptoms in adults include shivering, exhaustion, confusion, slurred speech, and drowsiness. Seek immediate medical attention if a person's temperature is below 95° F.¹

Frostbite is an injury to the body that is caused by freezing. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Symptoms in adults include reduced blood flow to hands and feet, numbness, tingling or stinging, aching, and bluish skin. If you notice signs of frostbite, seek medical attention.²

Approximately 21,800 residential fires are caused by space heaters a year, and 300 people die in these fires. An estimated 6,000 persons receive hospital emergency room care for burn injuries associated with contacting hot surfaces of space heaters, mostly in nonfire situations.⁴

Don't use a space heater within 3 feet of anything that may catch on fire and never cover your space heater.⁴

**Space Heater
Safety
Tips**



Slippery conditions lead to falls & car accidents



Many injuries related to cold weather happen from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt, another chemical de-icing compound or sand.³

Each year, there are approximately 1.2 million vehicle crashes due to adverse weather or on slick pavement.⁵ **If you must travel**, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late. Check and restock the winter emergency supplies in your car before you leave. Always carry extra warm clothing and blankets with you.³

Overexertion while shoveling snow

Shoveling snow is strenuous exercise. People who have a medical conditions such as high blood pressure or heart disease should talk to their healthcare provider before shoveling snow.

The combination of cold temperatures and strenuous exercise can trigger a heart attack.¹

¹https://blogs.cdc.gov/publichealthmatters/2019/02/shovel_smart/
²<https://www.cdc.gov/niosh/topics/coldstress/coldrelatedillnesses.html>
³<https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>
⁴<https://www.cdc.gov/nceh/publications/books/housing/cha12.htm>
⁵https://ops.fhwa.dot.gov/weather/q1_roadimpact.htm
⁶<https://www.cdc.gov/features/rhinoviruses/index.html>
⁷<https://orthoinfo.aaos.org/en/staying-healthy/winter-sports-injury-prevention/>

Protect yourself & others from feeling under the weather

- Wash your hands often with soap and water
- Avoid touching your eyes, nose and mouth
- Stay away from people who are sick
- Stay at home if you are sick
- Avoid close contact with others
- Practice good cough and sneeze etiquette
- Disinfect frequently touched surfaces and objects⁶



Winter Sports Injury

According to the U.S. Consumer Product Safety Commission, almost 200,000 people were treated for injuries related to winter sports in 2018.

- 76,000 injuries from snow skiing
- 53,000 injuries from snowboarding
- 48,000 injuries from ice skating
- 22,000 injuries from sledding

Common winter sports injuries include sprains, strains, dislocations, and fractures. Most winter sports injuries can easily be prevented by wearing protective gear, maintaining good physical condition, staying alert, drinking plenty of water and resting when tired or in pain.⁷

If you are experiencing a true medical emergency, CALL 911.

For your non-life threatening medical needs visit our Same-Day Clinics in Boone, Linville or Banner Elk.

AppFamily Medicine
(828) 386-2222

148 Hwy 105 Ext, St 102 • Boone
Mon-Fri 8am-7pm • Sat (walk-in) 8am-12pm

Baker Center for Primary Care
(828) 737-7711

436 Hospital Drive, St 230 • Linville
Mon-Fri 8am-6pm • Sat (walk-in) 8am-12pm

Elk River Medical Associates
(828) 898-5177

150 Park Avenue • Banner Elk
Mon-Fri 8am-5pm