**Dear students.**

**Take care of yourself in cold weather.**

* Stay indoors if you don’t have to attend lessons
* Wear warm cloths: loose-fitting, layered, lightweight clothing.
* Do not take a shower before going out
* Avoid smoking outdoors.

If a part of your body (fingers, toes, nose or ear lobes) or skin is turning white and hard black, you have lack of feeling in the area and it pains, these are the symptoms of frostbite.

**Your actions**:

**First step**: Get indoors. Gently remove cold clothing.

**Second step**: Get warm using warm drinks (avoid alcohol and hot water).

**Remember:**

* Do not rub or massage the frostbitten area.
* Warm the frostbitten area gradually; use warm water (40°C to 42°C).
* Avoid direct heating, which can burn the skin.

**In case of frostbite:**

* loss of muscular control (e.g., difficulty in walking)
* skin appears white, waxy and hard black

**seek medical care promptly.**