

**Brrrrrrrrrr!**

Run time - :35

**ANCHOR LEDE:**

It's the dead of winter, and you need to run to the mailbox or let your dog out. It's just a minute, you think. A sweater and sandals will be fine.

Not so fast, says Maddy Draper, a provider at OSF OnCall who sees cold weather injuries often. She says exposure to frigid temperatures can have serious consequences. Tim Ditman of OSF has more.

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Cold weather injuries include frostnip, frostbite and hypothermia. These can even happen to infants inside.

Draper says frostbite and hypothermia are usually treated at the hospital. Frostnip can be treated at home.

**\*\*\*SOUNDBITE\*\*\***

**Maddy Draper (DRAY-per), APRN  
OSF OnCall**

**"It's not as fast as possible. It's not as hot as possible. It's just that gradual warming. Get off your cool or wet clothes immediately. You don't want to stick your hands or feet into hot, steaming water. Just warm water." (:15)**

I'm Tim Ditman.

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**ANCHOR TAG:**

Prevention of cold weather injuries includes dressing in layers, taking breaks, being well fed and hydrated and keeping an eye on others.

Visit the OSF Newsroom for more on these injuries, including what symptoms to watch for.