**TREATMENT GUIDELINES FOR HEALTH STAFF**

**FROSTBITE**

Authorized health and wellness staff may treat frostbite as follows:

1. Immediately cover the affected areas (usually toes, feet, fingers, nose, cheeks, and ears) with another warmer body surface and with warm clothing while seeking shelter.
2. Once indoors where there is no danger of refreezing, rapidly rewarm the affected areas in tepid water (105o F-110o F) for 20-40 minutes. Do **not** use local dry heat as it can cause further tissue damage.
3. Damaged skin should **never** be massaged, as this leads to mechanical trauma.
4. Administer/offer pain medication as needed, e.g., acetaminophen 650-1000 mg orally every 4 hours [MDD 4 g] **or** ibuprofen 400-600 mg orally every 6 hours [MDD 2400 mg].
5. Seek professional medical care to determine if medical and/or surgical intervention is necessary for prevention of infection or tissue debridement/amputation.

# WHEN TO REFER TO THE CENTER PHYSICIAN

* All students with frostbite should be evaluated by the center physician