**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**FROSTBITE**

Authorized non-health 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 warm water 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. Offer the student pain medication as needed, e.g., acetaminophen 650 to 1000 mg orally every 4 hours [MDD 4 g] **or** ibuprofen 400 to 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 CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* In any case of suspected frostbite