

# Cold Temperatures

Exposure to the cold can be hazardous or even life-threatening. The body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest. Exposed skin may freeze, causing frostnip or frostbite. In extreme conditions or after prolonged exposure to the cold, the body core can also lose heat, resulting in hypothermia.

This section includes:

- [Information on Cold Weather-Related Conditions](#); and
- [Sample Cold Weather Preparedness Guide](#)