

Cold-related Illness Prevention Guide for Cold Wave

Warm clothes, water, shelter

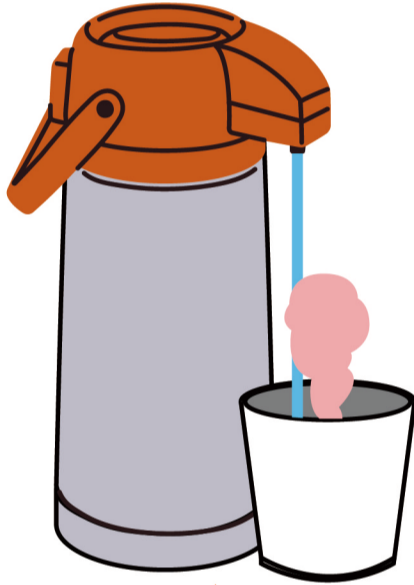


Be cautious of frostbite and hypothermia caused by long-term exposure to cold weather.



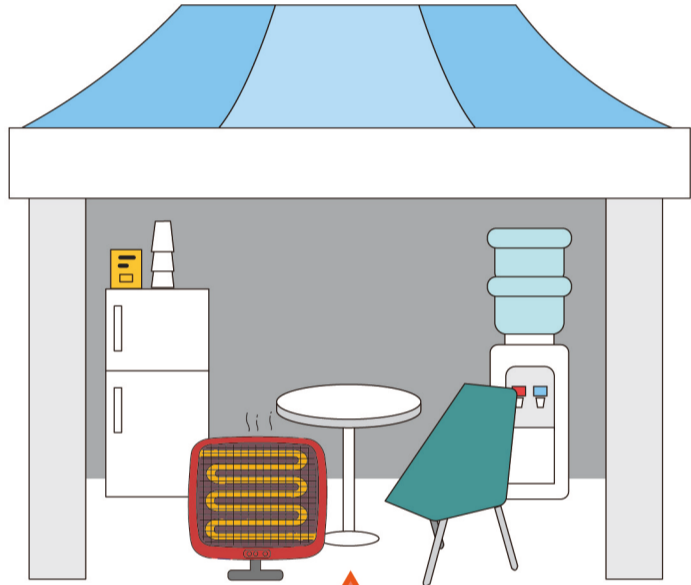
✓

Warm clothes



✓


Warm water



✓


Warm places (shelter)

Danger

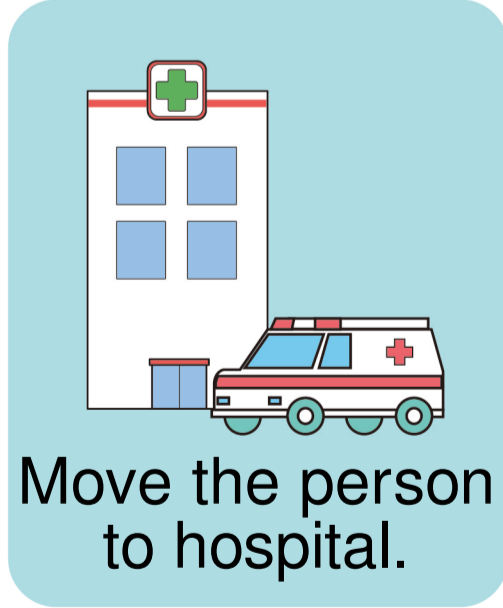


Below 35°C

Outbreak of patients with cold-related illness


 Dilated pupil
 Unconsciousness
 No respiratory response

Call **119** for help.



Move the person to hospital.

Contact this person in case of emergency 

