Tips on How to Avoid Frostbite and Hypothermia

Avoid!

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite. Even babies sleeping in cold rooms can be at risk!

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing; nose, ears, toes, cheeks, chin and fingers.

Check the picture below so you know how to dress for cold weather.

Source: The Centers for Disease Control and Prevention

Tips on How to Treat Frostbite and Hypothermia

Treat!

Here are some tips on the do’s and don’ts of treating someone with frostbite or hypothermia.

DO seek medical attention as soon as possible!
DO get them to a warm room or shelter!
DO remove any wet clothing!
DO warm them under dry layers of blankets and clothing!
DO place areas affected by frostbite in warm-to-touch water!

DON’T walk on feet or toes with frostbite!
DON’T use a fireplace, heat lamp, radiator, or stove for warming!
DON’T rub or massage areas with frostbite!

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite!

Source: The Centers for Disease Control and Prevention
### Regulations!

The program must offer daily supervised outdoor play, except during inclement or extreme weather or unless otherwise prohibited by a health care provider. Please refer to your regulations or contact your Licensor or Registrar for more information!

- **DCC:** 418.7.a.1
- **SACC:** 414.7.a.1
- **GFDC:** 416.7.h
- **FDC:** 417.7.h

Have parents supply suitable clothing for their children in the event they become dirty, soiled, or uncomfortable.

Use this link for the Child Care Weather Watch Chart: [https://www.child-daycare-directory.com/resources/childcare-weather-watch/](https://www.child-daycare-directory.com/resources/childcare-weather-watch/)

#### New Federal Requirements!

New York State has implemented the new federal background checks. Contact your Registrar or Licensor if you have any questions! You can also find information on the OCFS.ny.gov website.

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### Child Abuse Hotline Information

The SCR receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reports, including the public.

For more information visit the Office of Children and Family Services website at:

[https://ocfs.ny.gov/main/cps/](https://ocfs.ny.gov/main/cps/)

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### Child Care Aware® of Steuben and Schuyler Contact Information:

Child Care Aware® of Steuben and Schuyler, a department of Pro Action of Steuben and Yates, Inc.

117 E. Steuben Street
Bath, NY 14810
1-607-776-2126
Fax: 607-776-4873

Or

Schuyler Office:
323 Owego Street, Unit 6
Montour Falls, NY 14865
607-535-6806

1-800-553-2033
Hours of Operation: M - F 8:30 am – 4:30 pm

Child Care Aware® of Steuben and Schuyler is a member of Child Care Aware® of America, Winning Beginning NY and the Early Care and Learning Council. Child Care Aware® of Steuben and Schuyler is nationally Quality Assured and NYS Standard of Excellence Certified.