



WIND CHILL HAZARDS

WIND CHILL	EXPOSURE RISK	HEALTH CONCERNS	WHAT TO DO
0 to -9	LOW	<ul style="list-style-type: none"> Slight discomfort Risk of hypothermia and frostbite if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers Stay dry Keep active Cover exposed skin
-10 to -27	MODERATE	<ul style="list-style-type: none"> Very high risk of frost bite: Check face and extremities frequently for numbness or whiteness Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers, with an outer layer that is wind-resistant Wear insulated, waterproof footwear Stay dry Keep active Cover ALL exposed skin Be ready to cut short or cancel outdoor activities
-28 to -39	HIGH: exposed skin can freeze in 10 to 30 minutes	<ul style="list-style-type: none"> Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Stay indoors
-40 to -47	VERY HIGH: exposed skin can freeze in 5 to 10 minutes	<ul style="list-style-type: none"> Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Stay indoors
-48 to -54	SEVERE: exposed skin can freeze in 2 to 5 minutes	<ul style="list-style-type: none"> Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Stay indoors
-55 and colder	EXTREME: exposed skin can freeze in less than 2 minutes	DANGER! <ul style="list-style-type: none"> Outdoor conditions are hazardous 	<ul style="list-style-type: none"> Stay indoors

Note: In sustained winds over 50 km/h, frostbite can occur faster than indicated