

# I am prepared for my 20-minute recess!

The outside temperature must be colder than -10 degrees before students stay inside for recess.



Hang this where your child can see it before leaving the house each morning.

Exposure to cold weather can lead to tissue damage. **The best prevention is wearing appropriate, well-fitting clothing as depicted**, plus a face mask or scarf for especially sensitive skin. Additionally, hydration and a good breakfast will keep the following cold injuries at bay:

**Frostnip** is a nonfreezing injury of the skin tissue, usually of the fingers, toes, ears, cheeks and chin. Numbness and tingling are present, but no tissue injury occurs. Think of it as minor sunburn. The skin needs to be protected until it has completely healed.

**Chilblains** is a more significant nonfreezing injury from exposure to cold temperatures. As tissue temperature drops, tissue injury progresses and tissues swell.

**Frostbite** is the destruction of body tissue due to freezing. Ice crystal formation in the tissues breaks apart cells, destroying the tissues.

**Call Bayshore Elementary's Nurse Ian Autrey at 742-5373 if you have any questions.**