

Cold Weather Help (USA)

If you or someone you know is exposed to extreme cold, use these steps and resources. **Immediate danger: call 911.**

Quick steps

- Move indoors or to a warmed public space (library, transit center, community center).
- Call 211 to find the nearest warming center, shelter, food, and utility help.
- Check on older adults, children, and anyone without reliable heat.
- If you see someone who may be in medical danger (confusion, drowsiness, severe shivering), call 911.

Signs of hypothermia

- Shivering, exhaustion, confusion, slurred speech, clumsy hands
- Drowsiness, slow breathing, weak pulse (medical emergency)

Signs of frostbite

- Numbness, pale/gray skin, hard or waxy-looking skin
- Blistering after rewarming

What to do

- Get to warmth. Remove wet clothing. Wrap in blankets.
- Warm the center of the body first (chest/neck/head).
- Warm drinks if fully alert (avoid alcohol).
- Do NOT rub frostbitten skin; seek medical care.

National resources

- Call 211: <https://www.211.org/>
- HUD Find Shelter: <https://www.hud.gov/findshelter>
- Red Cross Shelter Finder: <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>
- 988 Suicide & Crisis Lifeline: <https://988lifeline.org/>

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