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Hospitals stress need for safety amidst frigid, icy conditions

Northeast Wisconsin — Snow, ice and frigid temperatures are covering many parts of Northeast Wisconsin, and HSHS St. Vincent, St. Mary's, St. Nicholas and St. Clare Memorial Hospitals want to ensure everyone stays as safe as possible — especially when venturing outdoors.

Hypothermia occurs when the body's core temperature falls below 98.6 degrees Fahrenheit. Warnings signs include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. Frostbite is caused by freezing and most often impacts the nose, ears, cheeks, chin, fingers or toes. Symptoms of frostbite include — an area of white or grayish-yellow skin, skin that feels unusually firm or waxy and numbness.

If you must be outdoors during frigid temperatures:

- Dress in layers and wear insulated clothing that allows for evaporation and minimal absorption of perspiration.
- Take breaks. Be sure to warm up inside when needed.
- Eat a balanced diet.
- Drink plenty of water to stay hydrated.
- Avoid alcohol.

To prevent slips and falls:

- Be aware of wet, dark areas on the pavement.
- Walk slowly and take short strides.
- Keep your hands free and extend your arms while walking.

Keeping your driveway and walkway clear of snow will also help prevent falls this winter. However, it is important to not overexert yourself while removing snow. Click [here](#) to learn how cold weather can be related to heart attacks. Important reminders:

- Check with your doctor to make sure that it is all right for you to shovel or blow snow
- If you have a medical condition or are not used to strenuous exercise, it may be safer to have someone else clear the snow.
- If you are shoveling snow or using a snow blower and experience chest pain, shortness of breath or other sudden or severe symptoms, stop immediately and call 9-1-1.

If you or someone experiences a winter-related medical emergency, never delay care. HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay, HSHS St. Nicholas Hospital in Sheboygan and HSHS St. Clare Memorial Hospital in Oconto Falls remind all area communities they are open and available to provide all types of emergency medical care, 24/7.

Emergency Department Locations

HSHS St. Vincent Hospital

835 S. Van Buren St., Green Bay

HSHS St. Mary's Hospital Medical Center
1726 Shawano Ave., Green Bay

HSHS St. Nicholas Hospital
3100 Superior Ave., Sheboygan

HSHS St. Clare Memorial Hospital
855 S. Main St., Oconto Falls

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About HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center

HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary's location on Green Bay's west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women's services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ's healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

About HSHS St. Nicholas Hospital

HSHS St. Nicholas Hospital has been delivering high quality health care to Sheboygan and its surrounding communities since 1890. HSHS St. Nicholas Hospital provides a comprehensive range of services that include cancer care, women's services, 24-hour emergency care, digestive health, orthopedics, cardiac, home health and hospice care. The hospital's primary purpose is to continue Christ's healing love through the delivery of high quality and compassionate health care in an environment sensitive to the needs of all people. HSHS St. Nicholas Hospital is accredited by the Joint Commission of Accreditation of Healthcare Organizations. An affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ's healing ministry, caring for all people. To learn more, visit www.stnicholashospital.org.

About HSHS St. Clare Memorial Hospital

HSHS St. Clare Memorial Hospital serves Oconto Falls and the surrounding communities as a federally-designated critical access hospital with a 24-hour emergency department, urgent care, general, vascular and orthopedic surgical services, inpatient and outpatient surgical and diagnostic services, rehabilitation, oncology outpatient clinic and women's care. HSHS St. Clare Memorial Hospital, in affiliation with Prevea Health, has six regional health center locations in Gillett, Lena, Mountain, Oconto, Oconto Falls and Suring. HSHS St. Clare Memorial Hospital Pharmacies are located in Gillett and Oconto Falls. Founded in 1921 as Community Memorial Hospital, in 2014, HSHS St. Clare Memorial Hospital became the fourteenth hospital in Hospital Sisters Health System. As an affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ's healing ministry, caring for all people. For more information about St. Clare, visit www.stclarememorial.org.

About Hospital Sisters Health System

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high-quality Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our physician practices and 15 local hospitals in two states – Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and [Hospital Sisters of St. Francis](http://www.hospitalsofstfrancis.org) is the founding institute. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsofstfrancis.org.