

HOW TO COPE WITH COLD TEMPERATURES AND WIND After a Burn Injury



Sensitivity in cold and windy environments is common after a burn injury. This applies to both the indoors and outdoors.

Cold temperatures can trigger nerve pain and cause your skin to dry out and crack. Cold and windy environments can impact your daily activities.



Strategies to cope with cold and windy environments after burn injury



Wear a base layer made of fabric like **wool or synthetic material** that wicks sweat away from your skin.



Wear layers so you can adjust to changes in cooler indoor spaces and outdoor environments.



Cover any areas that are sensitive to protect them from wind and cold air. You may need gloves, a hat, or a ski mask.



Slowly adjust to the cold. For example, gradually exposing yourself to cold air daily.



Use thicker moisturizers to act as a barrier to cold and wind. They can also help with the dryness, tightening, and itchiness of skin and scars.



If you work outside, **talk with your employer** about your comfort and safety needs.

For more information, visit:

<https://msktc.org/burn/factsheets/temperature-sensitivity-after-burn-injury>

Source: Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the Burn Injury Model Systems. **Disclaimer:** This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of this infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0009). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government. Copyright © 2024 Model Systems Knowledge Translation Center (MSKTC). May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.

