

## Surviving in the Extreme Cold



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## Dangers of the Extreme Cold



- Frostbite
- Below freezing temperatures
- Animal attacks
- Freezing to death

## Tips to Survive the Extreme Cold

- When in the extreme cold, huddle together.
- Never walk on ice; chances are you'll fall.
- Don't swim in cold water.
- To make drinking water, dissolve ice and purify it.
- For food, find a dead animal.
- To be rescued, make a signal.

