



# Kids

## Calling the Shots

**Q:** Why does your face sting when you get real cold?

3rd Grade, Mary Scroggs Elementary School

**Answer:** Just like the rest of your body, your face is protected by skin, which has three layers. The middle layer, called the dermis, contains blood vessels, connective tissue and millions of nerve endings that can feel texture, pressure, temperature and pain. These nerve endings race to your brain with important messages about whether things are hot or cold, sharp or smooth, soft or hard. And while the skin on our face is less sensitive than fingers, tongue and lips, it still responds quickly so you don't get hurt.

In the case of your face stinging in the cold, your nerves are picking up temperature and pain, ultimately telling you that you need to get warmed up!

**Robin Pope, PA-C**  
Durham Regional Hospital

### Did You Know?

Frostbite is frozen body tissue and can cause permanent damage if not handled correctly. The skin will be white and waxy and actually feels numb and hard. Immediate emergency medical attention is needed. Frostnip is when cheeks, nose, ears, fingers and toes are exposed to the cold and turn white and feel numb - an early warning sign of frostbite. Frostnip can be handled at home by removing all wet clothing, putting on warm dry clothing and using warm (not hot) water on parts of the body that is affected.



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**ATTENTION STUDENTS!**

Submit your questions! Call Bonnie McKnight 419-6539

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