



Once Bitten, Twice Dry

See the teeth marks on this fella's feet? No? That's because he wasn't bitten by any animal. Good 'ol Jack Frostbite sunk his teeth into these apples, yes siree.

Let's face it. Wet feet and freezing temperatures don't mix. It's a tough lesson to learn, and we've seen much worse. Frostbite is a serious injury and can easily get out of hand. Protect yourself this winter from cold weather injuries like this.

Here are some tips for keeping yourself from getting frostbite:

- You've got to keep your clothes dry
- Wear cold weather boots, gloves, ski mask and a warm hat
- Wear several layers of clothing, not just one heavy coat
- Drink plenty of water to avoid dehydration