



Mayo Clinic Health System is preparing for the bitter cold temperatures that

are expected this weekend. Trauma Coordinator, Kathy Bryant says they have already treated several people for frostbite and hypothermia.

[\(Click for Audio\)](#)

Anyone can end up with frostbite if exposed to frigid conditions for too long. Naturally, those who work outside in the cold or engage in cold weather sports may be vulnerable if they aren't adequately prepared.