



Hypothermia

Hypothermia is a serious medical condition when the body gets too cold. Hypothermia can be caused by prolonged exposure to cold weather or cold water. If not treated, severe complications can occur, such as heart and respiratory failure, leading to death.

If you suspect someone has hypothermia, **call 9-1-1 immediately**.

Symptoms:

- Confusion, memory loss, or slurred speech
- Drop in body temperature below 95°F
- Exhaustion or drowsiness
- Loss of consciousness
- Numb hands or feet
- Shallow breathing
- Shivering

In infants, symptoms include:

- Bright red, cold skin
- Very low energy level

Treatment while waiting for further medical attention:

- **Restore warmth slowly**
 - Bring the person indoors, and remove any wet or damp clothing
 - Warm the person by wrapping them in blankets and putting them into dry clothing
 - DO NOT immerse the person in warm water, as this can cause heart arrhythmia
- If the person is not breathing, begin CPR while warming the body. Hypothermia causes respiratory rates to plunge, so a pulse might be difficult to detect.
- If the person is conscious, give warm fluids. Avoid caffeine and alcohol.
- Continue to keep the body temperature up by keeping the person dry and wrapped in a blanket.
- Have the person follow up with a health care provider.

Symptoms of Hypothermia



Sleepy or
feeling very
tired



Shivering



Slowed
heart rate



Slurred
speech



Clumsiness



Slowed
shallow
breathing