

## PREVENTING, RECOGNIZING AND TREATING HYPOTHERMIA



IF YOUR CORE TEMPERATURE DIPS BELOW 35°C (95°F), HYPOTHERMIA SETS IN. BODY AND BRAIN FUNCTIONS WILL SLOW.



RAIN, SNOW OR SWEAT CAN CAUSE HYPOTHERMIA TO OCCUR IN TEMPERATURES AS HIGH AS 4.4°C (40°F).



WATCH FOR THE “UMBLES” – STUMBLES, MUMBLES AND GRUMBLES INDICATE DROPS IN MOTOR COORDINATION AND CONSCIOUSNESS.

Source: [Centers for Disease Control and Prevention](#)

### PREVENTION

- Stay dry: under tarp or overhang; on dry ground or dry tarp; if not available, sit/lay on dry branches/leaves to insulate from ground
- Huddle together
- Bundle up in clothes/blankets
- Cover especially head/ears/hands/feet
- Start fire in a ventilated area and huddle around fire (if no contraindications such as gas leak)
- If windy, camp out on side of building away from wind
- Fluids, preferably warm; no alcohol; warm snow or rainwater over fire

### RECOGNIZING

- Initially shivering, dizziness, rapid breathing, trouble speaking, confusion, uncoordinated
- Progresses to: shivering stops, slurred speech, confusion, low energy, progressive loss of consciousness; person may actually start to take their clothes off, thinking they are hot

### TREATMENT IN FIELD

- Can you get dry towels/blankets from nearby stable buildings? If yes, and person is wet, remove wet clothing, dry person off and wrap in blankets

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