

**HYPOTHERMIA** is when your body loses too much heat and can't work properly.



### **WARNING SIGNS OF HYPOTHERMIA**

*(Remember - stumbles, mumbles, fumbles and grumbles)*

1. Cold feet and hands
2. Puffy or swollen face
3. Pale skin
4. Severe shivering
5. Slurred speech or speaking more slowly than usual
6. Dizziness or trouble staying balanced when walking
7. Confusion or unusual anger
8. Tiredness
9. Slow breathing
10. Slow pulse
11. Blacking out (loss of consciousness)

### **TREATMENT OF HYPOTHERMIA**

1. Call 911
2. Move out of the cold and wind
3. Remove any wet clothes
4. Cover the person with dry clothes or a warm blanket
5. Share body heat with another person
6. DON'T use direct heat (like a heating pad or lamp) on someone with hypothermia
7. Drink warm beverages (but NOT caffeine or alcohol)
8. DON'T rub or massage someone with hypothermia



**FROSTBITE** is when your skin freezes. It usually affects fingers, toes, and exposed skin – like your face, nose and ears.



### **SIGNS OF FROSTBITE**

1. Gray, white or yellow skin
2. Waxy-looking skin
3. Numbness – no feeling in the affected area

### **TREATMENT OF FROSTBITE**

1. Call 911
2. Warm the area slowly by blowing warm air on it or placing it against a warm part of the body
3. DON'T rub frostbitten skin