

## HYPOTHERMIA

What is hypothermia?

Hypothermia is a lowering of the body's *core* temperature.

Hypothermia is basically caused by any prolonged exposure to a cold environment such as open water or cool air temperatures.

Any lowering of the core temperature is considered hypothermia. However, hypothermia itself can be divided into 3 categories. MILD, MODERATE, and SEVERE.

### *Signs and Symptoms*

Mild	Moderate	Severe
<ul style="list-style-type: none"> <li>• Shivering</li> <li>• Mild cyanosis</li> </ul>	<ul style="list-style-type: none"> <li>• Shivering</li> <li>• Complaining of cold</li> <li>• Cyanotic</li> <li>• Slurred speech</li> <li>• Acting "drunk"</li> <li>• Slow breathing</li> <li>• Shock</li> </ul>	<ul style="list-style-type: none"> <li>• No shivering</li> <li>• Digression of ABC's</li> <li>• Irregular pulse</li> <li>• Possibly unconscious</li> <li>• More advanced symptoms than Moderate</li> </ul>

### *Treatment*

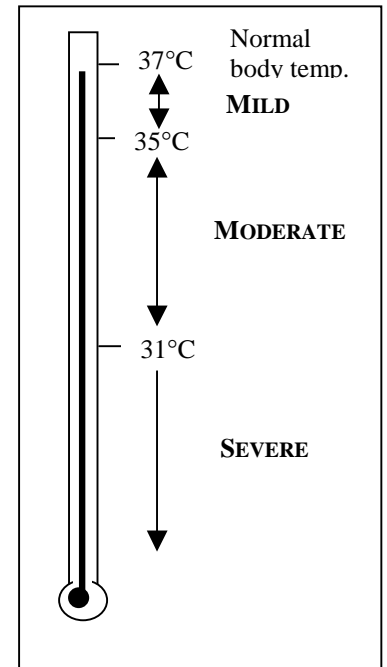
The first and foremost treatment for ANY form of hypothermia is to **remove the victim from the source**:

Treatment of Mild Hypothermia:

- ✓ Monitor ABC's
- ✓ Remove wet clothing
- ✓ Treat for Shock
- ✓ Slowly warm victim's body core
- ✓ DO NOT give coffee or alcohol (stimulants). Hot chocolate or warm milk is fine if victim is conscious
- ✓ DO NOT rub extremities

Treatment of Moderate/Severe Hypothermia

- ✓ Monitor ABC's
- ✓ Remove wet clothing
- ✓ Treat for Shock
- ✓ DO NOT suppress shivering
- ✓ DO NOT give anything by mouth
- ✓ DO NOT apply heat packs, hot water bottles, etc.



### **DID YOU KNOW:**

- The 1<sup>st</sup> ½ hour of a hypothermic rescue/treatment is the most important?
- A person in cold (not even freezing) temperatures can only swim 1/10 of his/her normal distance.