# Hypothermia

**Signs:**
- Shivering, (may stop as temp drops)
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- Bright red, cold skin (in infants)

**Steps:**
1. Call 911
2. Move person inside. If not possible, get them out of wind & into sun
3. Insulate from ground & protect head / neck especially well from wind
4. Remove all wet clothing and replace with dry warm blankets
5. Administer CPR if necessary
6. Apply warm, dry compresses to the center of the body — neck, chest and groin
7. Offer the person warm, sweet, nonalcoholic drinks

**DO NOT:**
- Immerse in warm bath
- Warm extremeties before body trunk
- Give alcohol or cigarettes

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# Heat Stroke

**Signs:**
- Body temperature above 103° F
- Rapid pulse
- Heavy OR Reduced sweating
- Disorientation, Confusion
- Unconsciousness
- Seizures
- Warm, red, dry skin
- Vomiting or Diarrhea

**Steps:**
1. Call 911
2. Remove unnecessary clothing
3. Place person on side (exposes more skin to air)
4. Move into air conditioning or shade
5. Spray with cool water
6. Use cool rag or ice to cool armpits, neck, and groin
7. Fan person
8. Give water if alert and able to drink

**DO NOT:**
- Immerse in ice bath
- Give meds to reduce temperature
- Give food or water if vomiting or not alert