

# HYPOTHERMIA

[www.YourOwnHomeStore.com/Hypothermia-and-Heat-Stroke/](http://www.YourOwnHomeStore.com/Hypothermia-and-Heat-Stroke/)

## 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)

## DO NOT:

Immerse in warm bath  
Warm extremities before body trunk  
Give alcohol or cigarettes

## 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 CRP 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

# HEAT STROKE

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## Signs:

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

## DO NOT:

Immerse in ice bath  
Give meds to reduce temperature  
Give food or water if vomiting or not alert

## Steps:

Call 911  
Remove unnecessary clothing  
Place person on side (exposes more skin to air)  
Move into air conditioning or shade  
Spray with cool water  
Use cool rag or ice to cool armpits, neck, and groin  
Fan person  
Give water if alert and able to drink