

# HYPOTHERMIA

## WHAT SHOULD YOU DO?



### DO...

☑ Keep the person warm by wrapping him/her in blankets and moving him/her to a warm place. Remember to be very gentle in handling the person.

☑ Put hot water bottles, heating pads (if the person is dry), or other heat sources on the body, keeping a blanket, towel or clothing between the heat source and the skin to avoid burns.

☑ Give warm liquids to drink, if the person is awake.

### DON'T...

☒ Do not warm the person too quickly by immersing him or her in warm water. Rapid rewarming can cause heart problems.

☒ Never rub the surface of the person's body, this could cause further damage if they are also suffering from frostbite.

☒ Avoid giving alcohol and caffeine to drink, it can hinder the body's heat producing mechanisms.



Canadian Red Cross

# FROSTBITE

## Do You Know What To Do?

☑ Cover the affected area.

☑ Handle the area gently and never rub the skin as this may cause further damage.

☑ Warm the area gently by immersing the affected part in water that is warm and comfortable to the touch. Continue to warm the part until it is warm and looks red.

☑ Bandage the affected area with a dry sterile dressing.

☑ Ensure that the affected part does not become frozen again.

☑ Get the person to a doctor as soon as possible.



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# HOW TO PREVENT HYPOTHERMIA

☑ Avoid being outdoors in the coldest part of the day.

☑ Wear a hat and layers of clothing made of tightly woven fibers, such as wool, which trap warm air against your body.

☑ Keep vulnerable areas such as fingers, toes, ears, and nose protected and covered.

☑ Drink plenty of warm fluids to help the body maintain its temperature. If hot drinks are not available, drink plenty of plain water. Avoid caffeine and alcohol, which hinder the body's heat-producing mechanisms.

☑ Take frequent breaks from the cold to let your body warm up to better withstand brief periods of exposure to extreme cold.



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