



# Treating Hypothermia Guidelines

## 1. Symptoms of hypothermia in adults include:

1. Confusion, memory loss, or slurred speech
2. Drop in body temperature below 35 Celsius
3. Exhaustion or drowsiness
4. Loss of consciousness
5. Numb hands or feet
6. Shallow breathing
7. Shivering

## 2. Restore Warmth Slowly

1. Get the person indoors.
2. Remove wet clothing and dry the person off, if needed.
3. Warm the person's trunk first, not hands and feet. Warming extremities first can cause shock.
4. Warm the person by wrapping him or her in blankets or putting dry clothing on the person.
5. Do not immerse the person in warm water. Rapid warming can cause heart arrhythmia.
6. If using hot water bottles or chemical hot packs, wrap them in cloth; don't apply them directly to the skin.

## 3. Begin CPR, If Necessary, While Warming Person

1. If the person is not breathing normally:
2. Start CPR.
3. Continue CPR until the person begins breathing or emergency help arrives.

## 4. Give Warm Fluids

Give the person a warm drink, if conscious. No caffeine or alcohol.

## 5. Keep Body Temperature Up

Once the body temperature begins to rise, keep the person dry and wrapped in a warm blanket. Wrap the person's head and neck, as well.

## **6. Follow Up**

At the hospital, health care providers will continue warming efforts, including providing intravenous fluids and warm, moist oxygen.