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MEDICAL CONDITION

HYPOTHERMIA

TYPES OF

- **Accidental (person related causes)**
- **Exposure (environmentally related causes)**

SIGNS & SYMPTOMS

- **Skin is cool, puffy and pinkish in appearance**
- **Slow pulse with shallow breathing**
- **Drowsiness state**
- **Body temperature below 35°C (95°F)**

ACTION

- **Insulate to prevent further heat loss by covering patient but do not remove clothes**
- **Do not give alcohol**
- **Encourage patient to exercise**

If exposed:

- **Seek shelter from the wind and rain**
- **Give hot, sweet drink if conscious**
- **Give sugared water and seek medical aid if conscious**
- **Place in recovery position and seek medical aid if unconscious**

Derived from NARS beach manual

