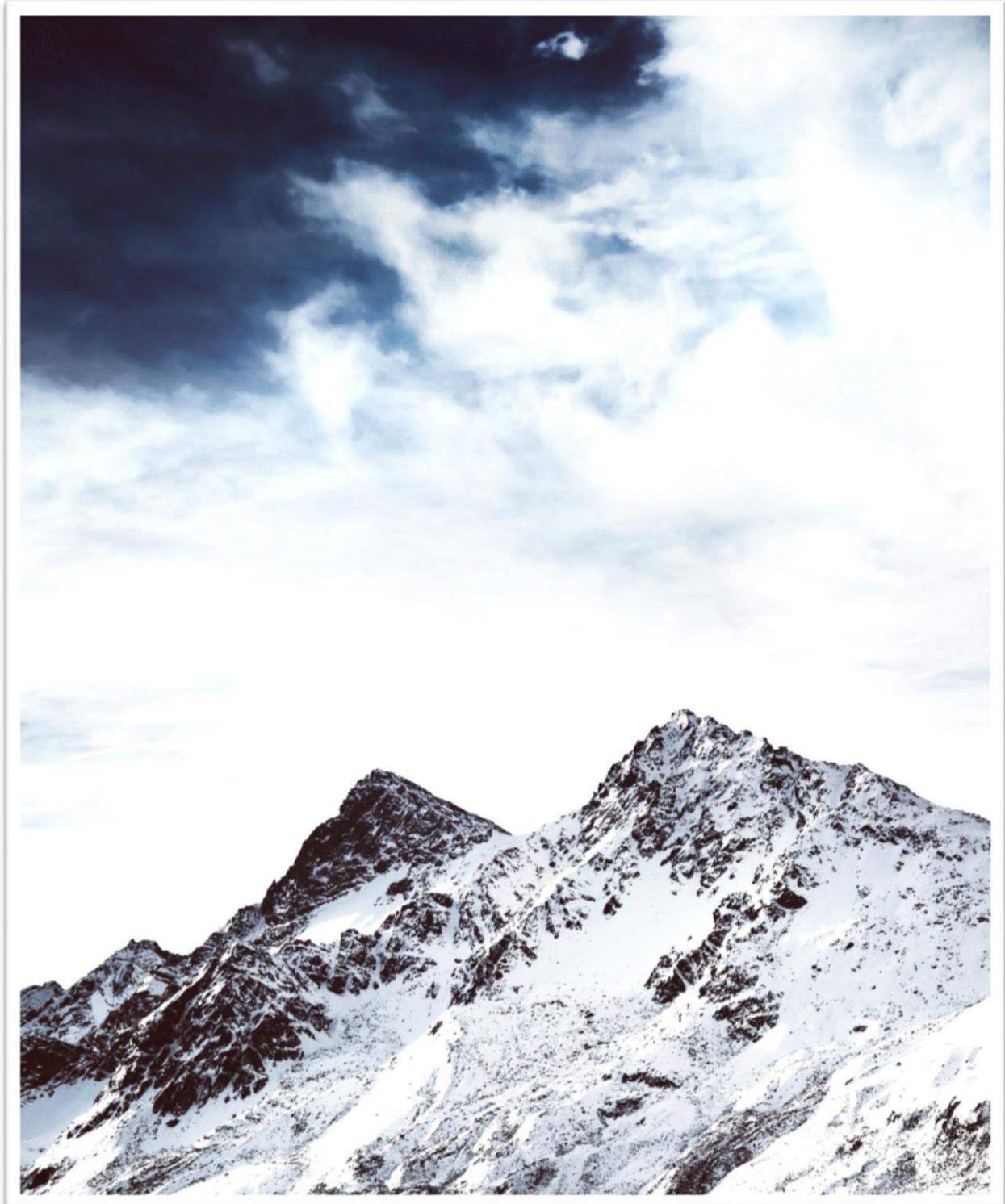


HYPOTHERMIA & FROSTBITE

WHAT YOU NEED TO KNOW



HYPOTHERMIA

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Hypothermia occurs when your core body temperature falls below normal. It can easily happen in cold winds or wetness. Hypothermia can also occur in moderately cool temperatures, particularly if coupled with dehydration. People tend to forget to drink on cool, wet days and can get hypothermic even when the temperature stays well above freezing.

Symptoms of hypothermia:

- Slurred speech
- Loss of coordination
- Confusion
- Apathy
- Irrational behavior

Your body automatically begins to shiver to warm itself. As your energy is used up to keep warm, you may reach a point where your body will be unable to warm itself. If left untreated, your body will gradually shut down and death becomes a possibility.

Avoid hypothermia with the following precautions:

- Guard against dehydration
- Avoid fatigue
- Avoid cold winds
- Take precautions to stay out of wet clothes
- Be aware of hypothermia symptoms and take action upon their onset

If you recognize hypothermia, take the following steps:

- Move the victim to shelter/out of the wind
- Remove wet clothes and replace them with warm, dry garments
- If the victim is alert, give them warm liquids to drink

FROSTBITE

WHAT YOU NEED TO KNOW

Frostbite happens often in a cold weather conditions. It's a state in which extremities like nose, face, fingers and toes are damages by freezing temperatures. It happens because heat is lost faster than the blood can circulate and keep the extremities warm.

Symptoms of frostbite:

- Numbness
- Shivering
- Loss of sensitivity
- Feeling of “burning”
- Redness, then white to purple colour

Avoid frostbite with the following precautions:

- Cover areas in danger
- Stay dry and warm
- When in need stop the trip and go back
- Be aware of frostbite symptoms and take action upon their onset

If you recognize frostbite, take the following steps:

- Place affected area against warm skin (your companion's belly or your armpits)
- Use warm water on the affected area
- If the victim is alert, give them warm liquids to drink
- Don't rub the affected area – it will increase the tissue damage
- Don't use fire – sudden relief might be damaging
- In severe cases bring a person to a medical center