

## **HYPOTHERMIA/COLD WEATHER INJURY**

<b>STEP</b>	<b>ACTION</b>	<b>✓</b>
<b>1</b>	Look for lowered body temp, violent uncontrolled shivering, lack of coordination, memory loss, irrationality, lethargy, slurred speech	
<b>2</b>	Move victim to sheltered area, cover and warm. Force conscious patient to drink quarts of heavily sugared liquids, hot if possible. Replace wet clothing with dry if possible; use sleeping bag to insulate from ground. Keep patient awake and drinking fluids. Do not rub or give alcohol. Start treatment before evacuation; evacuate when stable.	
<b>3</b>	Seek medical aid.	