



### Can you spot the signs of hypothermia?

It's possible to get hypothermia even when you're indoors – if it's very cold and temperatures drop to below 18°C (64.4°F).

As the condition can become life-threatening quickly, it's vital to be able to recognise symptoms and give treatment straight away.

Hypothermia kicks in when someone's body temperature drops below 35°C (95°F) and, sadly, is often fatal once the body temperature drops below 30°C (86°F). Normal body temperature is around 37°C (98.6°F).

### Symptoms of hypothermia

- Shivering and pale, cold, dry skin.
- Tiredness, confusion, and irrational behaviour.
- Slow and shallow breathing.
- Slow and weakening pulse.
- If their temperature drops to 32°C (89.6°F) or lower, they'll usually stop shivering completely and may pass out.

### What to do if you think someone has hypothermia

Take action quickly. If the above symptoms are present, then it is likely the casualty is already suffering from hypothermia. This is what you must do:

- Cover the casualty with layers of blankets and warm the room to about 25°C (77°F). Do NOT place any direct heat, such as hot water bottles or fires near a casualty, as this may cause burns.
- Give them something warm to drink, like soup or high-energy food like chocolate.
- Do NOT give the casualty alcohol in an attempt to warm them, it will make hypothermia worse.
- Call 999. It's possible that hypothermia could also be disguising a more serious illness such as a stroke, heart attack or an underactive thyroid gland.
- Monitor their breathing, level of response and temperature until they recover.