

## What You Need to Know About Hypothermia.

Hypothermia is a medical emergency. Cause: Prolonged exposures to very cold temperatures.

At highest risk:

- Older adults with inadequate food, clothing, and/or heating
- Babies sleeping in cold bedrooms
- Homeless, hikers, hunters
- People who drink alcohol or use drugs
- Outdoor workers

Symptoms:

Adults

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Babies

- Bright red, cold skin
- Very low energy

If you suspect hypothermia, get medical attention immediately and try to warm the person up.

- Get the person into a warm room.
- Remove wet clothing.
- Warm the chest, neck, head, and groin using an electric blanket or skin-to-skin contact.
- Give warm drinks.
- Do not give alcohol.

To avoid hypothermia:

- Stay indoors.
- If you go out, wear...
  - Hat
  - Scarf or knit mask over face

- Water-resistant coat and boots
- Mittens/gloves
- Several layers loose-fitting clothing

For more information about hypothermia, visit [cdc.gov/disasters/winter/staysafe/hypothermia](https://www.cdc.gov/disasters/winter/staysafe/hypothermia)