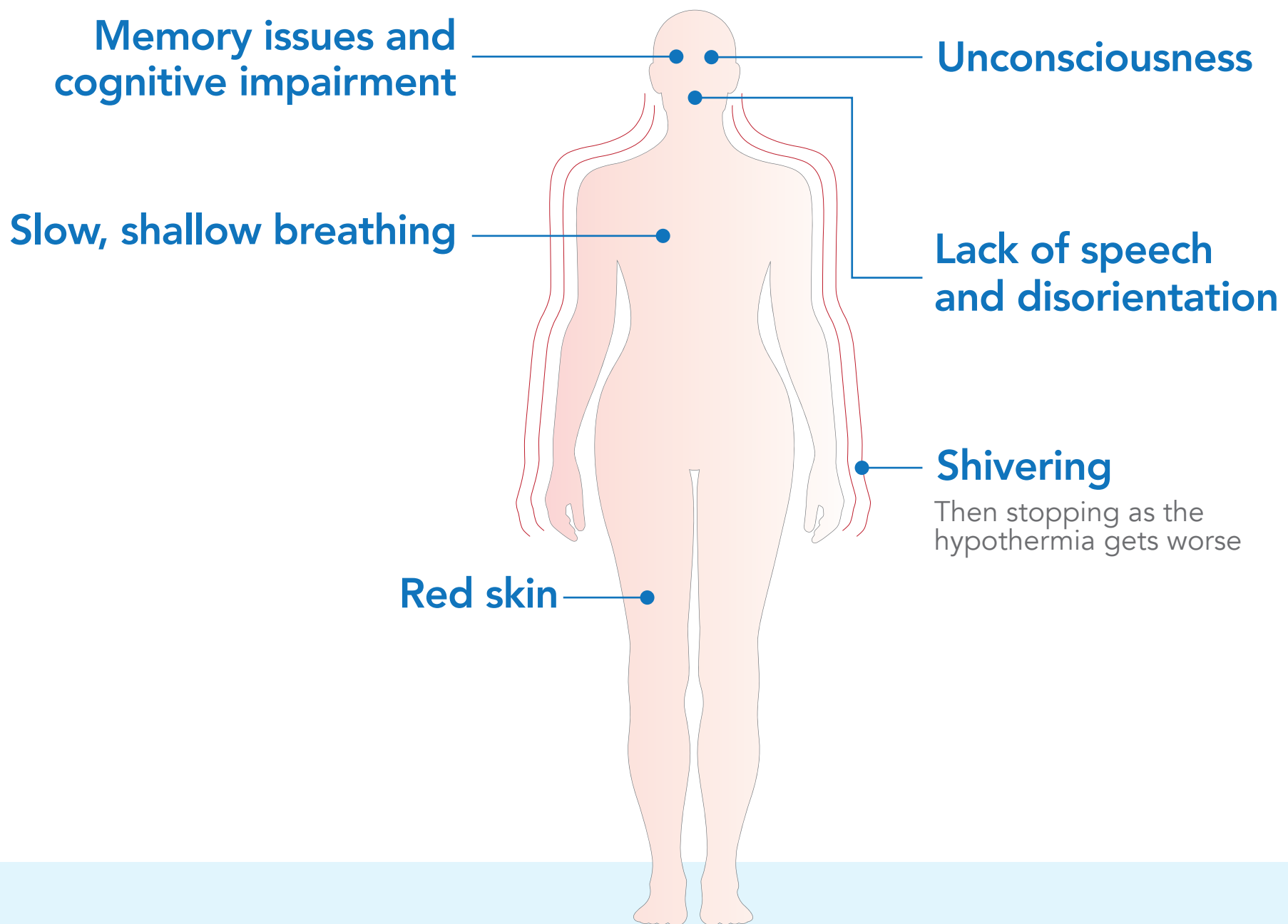


# Things to know about HYPOTHERMIA

## The Symptoms



## The Treatment

**Direct heat after hypothermia can cause burns and shock.**  
Warming up slowly is the key to treatment.



### Go somewhere warm

Indoors preferably, and with a heat source. If you cannot get out of the cold, protect the person from wind.



### Drink warm beverages

Warm or hot sweet drinks are great. Avoid alcohol.



### Remove wet clothing

Put on something dry, in layers if possible.



### Apply warm compresses

To areas with high blood flow, like neck or groin.

## Prevention

**Avoid going outside or exerting yourself in extreme cold weather.**  
If necessary, make sure to cover up with warm clothing and stay hydrated to conserve your body heat.

**For more information about first aid techniques and safety practices, sign up for a Standard First Aid training course online, over the phone, or at your local St. John Ambulance branch.**