

THE WCR LEARNING COMMUNITY

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Canada

BRITISH COLUMBIA

WelcomeBC



A man helps another man out of the cold water
Photo: iStockphoto

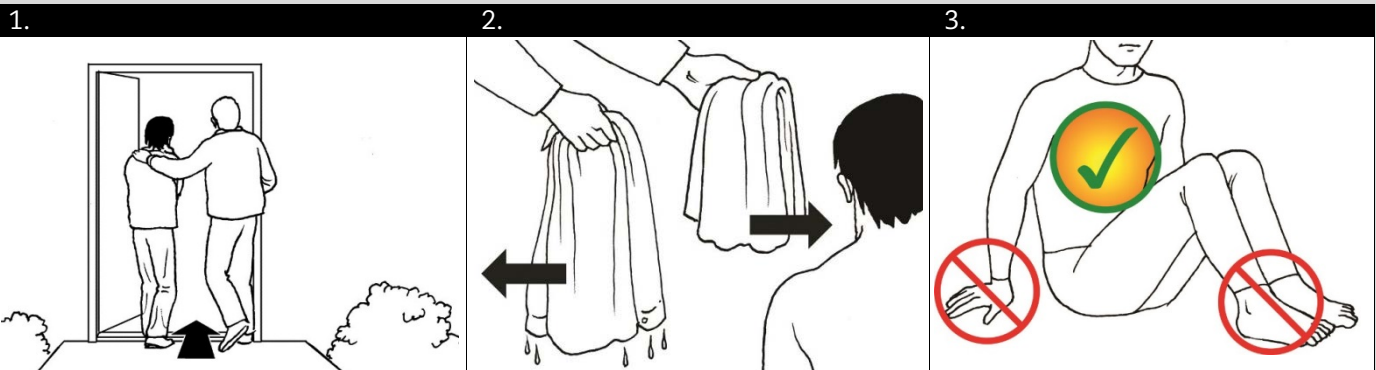
Hypothermia

Adapted from Healthlink BC
Level 2
May/June 2012

Normal body temperature in adults is 34.4 °C to 37.8 °C.

People can get hypothermia when the inside of the body drops below 35 °C. If not treated, hypothermia can lead to death.

Here are some ways you can treat mild* hypothermia:



1. Get the person indoors.
Call 8-1-1*, press 2
to speak with a nurse.

2. Remove wet clothing,
and dry the person off.

3. Warm the person's trunk first,
not the hands and feet.**

(... continued on page 2)

(... continued from page 1)



4. Cover the person with a blanket, or put dry clothing on the person.

5. Do not put the person into warm water.***

6. Wrap a hot water bottle in a cloth. Do not put the bottle directly on the skin.

Illustrations by: Nola Johnston

* CALL 8-1-1 FROM ANYWHERE IN BRITISH COLUMBIA TO SPEAK WITH A NURSE 24 HOURS A DAY, 7 DAYS A WEEK.
MILD HYPOTHERMIA: BODY TEMPERATURE IS 32 TO 35 °C; HOME TREATMENT OF MILD HYPOTHERMIA MAY BE ENOUGH TO BRING BODY TEMPERATURE BACK UP TO NORMAL.

** WARMING HANDS AND FEET FIRST CAN CAUSE SHOCK.

*** RAPID WARMING CAN CAUSE HEART PROBLEMS.

(Exercise is on the next page.)

Exercise:

Match each illustration with the right step.



- a. **Step** ___: Cover the person with a blanket, or put dry clothing on the person.
- b. **Step** ___: Do not put the person into warm water.
- c. **Step** ___: Get the person indoors. Call 8-1-1, press 2 to speak with a nurse.
- d. **Step** ___: Remove wet clothing, and dry the person off.
- e. **Step** ___: Wrap a hot water bottle in a cloth. Do not put the bottle directly on the skin.
- f. **Step** ___: Warm the person's trunk first, not the hands and feet.

(Answers are on the next page)

Answers:

a. 4

b. 5

c. 1

d. 2

e. 6

f. 3