

HYPOTHERMIA

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Hypothermia - The normal body temperature is 37C (98.6F). If it drops two degrees or more, the body's tissues can't function properly. This cooling is called hypothermia, when the body loses heat.

Seniors because they have poor circulation are more prone, babies because they don't control their body heat as well, weakened people due to illness, injury, lack of food, fatigue, alcohol, and teenagers because they often under dress for the weather conditions.

Hypothermia - Signs & Symptoms

Sign	Mild	Moderate	Severe
Pulse	Normal	Slow and weak	Weak, irregular or absent
Breathing	Normal	Slow and shallow	Slow or absent
Appearance	Shivering, slurred speech	Shivering violently or stopped, dilated pupils	Shivering has stopped
Mental state	Conscious but withdrawn or disinterested	Confused, sleepy, irrational	Unconscious

First aid for Hypothermia

1. ESM, scene survey. If temperature is lower than 15C it is probably hyperthermia but as a complication of another injury. Primary survey.
2. Measures to prevent further heat loss
 - cover exposed skin
 - adjust clothing to keep wind out
 - move casualty out of the cold if possible
 - remove tight clothing, wet clothing
 - insulate casualty
3. Get medical help
4. Continue to give care until help arrives