

1. Move the person out of the cold, shield them from the wind, and/or insulate them from the ground. Ideally, get them indoors/in a warming station.

2. Remove wet fabric and replace with warm, dry clothing and blankets.

3. Warm the center of the body (torso) using indirect heat (e.g.: a heat pack or water bottle wrapped in blankets or other insulating material. Do not use a heat lamp or space heater to do this — warming too quickly can cause burns. Tingling and warming are normal sensations.

4 Rewarm frostbitten areas with very gentle heat. DO NOT BREAK blisters. NSAIDS (aspirin, Tylenol, ibuprofen) but not narcotics can be administered for pain.

5. Administer food and liquids, ideally sweet and warm like hot chocolate.

6. Administer CPR if the person isn't breathing or moving.

DO NOT: 1) Provide alcohol or cigarettes. 2) Massage or apply more than very gentle heat on the arms and legs. This can stress the heart and lungs.

TREATING HYPOTHERMIA

SHELTER IS A UNIVERSAL RIGHT
 WARMTH IS A UNIVERSAL RIGHT
 HEALTH IS A UNIVERSAL RIGHT
 SAFETY LOOKS LIKE
 NO MORE FROSTBITE
 SAFETY LOOKS LIKE
 NO MORE DISPLACEMENT
 SAFETY LOOKS LIKE
 NO MORE EVICTIONS
 SAFETY LOOKS LIKE
 NO PIGS TO ENFORCE THEM
 SAFETY LOOKS LIKE
 THE END OF A WORLD THAT
 FEEDS ON DEATH
 SAFETY LOOKS LIKE
 NOURISHMENT
 SAFETY LOOKS LIKE
 A PLACE TO STAY DRY
 SAFETY LOOKS LIKE
 KEEPING EACH OTHER WARM
 SAFETY LOOKS LIKE
 BUILDING WORLDS OF CARE

WE KEEP US WARM

A Short Guide on
Preventing and Treating
Hypothermia

STAY WARM AND DRY (EG: FLEECE OVER A REFLECTIVE BLANKET FOR SLEEPING, LOTS OF WATERPROOF LAYERS)

KEEP YOUR BODY OFF THE PAVEMENT — LAYER BLANKETS TO DISTANCE YOURSELF FROM CONCRETE

AVOID ALCOHOL — IT FEELS WARMING AT FIRST BUT IT CAUSES BLOOD TO RUSH TOWARDS THE SURFACE OF YOUR BODY, FANNING YOUR BODY HEAT AWAY

EAT! STAY HYDRATED! SNACK OFTEN, TRY TO CONSUME FOODS DENSE IN CALORIES (EG: JERKY, NUTS, DRIED FRUIT), WARM CALORIC BEVERAGES (EG: HOT CHOCOLATE, SOUP)

THE BEST PREVENTION IS WARM, HABITABLE HOUSING FOR EVERYONE

PREVENTING HYPOTHERMIA

RECOGNIZING HYPOTHERMIA

