

HYPOTHERMIA (EXPOSURE TO COLD)

Hypothermia happens after exposure to cold when the body is no longer capable of warming itself. Young children are particularly susceptible to hypothermia. It can be a life-threatening condition if left untreated for too long.

Hypothermia can occur after a student has been outside in the cold or in cold water.

Symptoms may include:

- Confusion.
- Weakness.
- Blurry vision.
- Slurred speech
- Shivering.
- Sleepiness.
- White or grayish skin color.
- Impaired judgment.

- Take the student to a warm place.
- Remove cold or wet clothing, including shoes and socks, and wrap student in a warm, dry blanket.

- Continue to warm the student with blankets.
- If student is fully awake and alert, offer warm (**NOT HOT**) fluids, but no food.

Does the student have:

- Loss of consciousness?
- Slowed breathing?
- Confused or slurred speech?
- White, grayish or blue skin?

NO

YES

CALL EMS/911

- Give nothing by mouth.
- Continue to warm student with blankets.
- See **"FROSTBITE."**
- If student is sleepy, place student on his/her side to protect airway.
- Look, listen, and feel for breathing.
- If student stops breathing, start CPR.

Contact responsible school authority & parent/guardian.
URGE MEDICAL CARE.

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Document care provided.

If unable to reach parent/guardian have student rest with adult supervision and continue to provide warm fluids.