

# HOW TO SPOT THE SIGNS AND PREVENT HYPOTHERMIA IN CHILDREN AND ADULTS

For many families, winter is a season full of snow, warm beverages, and fun outdoor play. But freezing weather can also lead to hypothermia, a condition in which the body becomes exposed to cold temperatures, and when the body loses heat faster than producing it. When hypothermia sets in, a person's organs cannot function normally, which can lead to organ failure or even death.

## Signs of Hypothermia



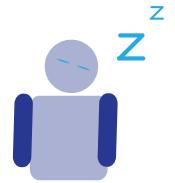
Body temperature drops below 95°F



Uncontrollable shivering



Pallid, cold skin



Loss of Consciousness



Frostbite



A Weak Pulse



Clumsiness



Confusion



Slurred Speech

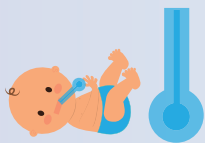


Nausea



Drowsiness

## Hypothermia in Infants and Toddlers



Body temperature drops below 97.5 °F



A weak cry



Low energy levels



Labored breathing



Lethargy



Weight loss



Cold, red skin



Unable to eat or drink

Hypothermia symptoms appear slowly and begin to reduce a person's ability to think clearly. It's a dangerous condition because most people don't recognize the signs until it's too late. The very young and the elderly are most at risk because they cannot regulate their body temperatures.

## Causes of Hypothermia



Prolonged exposure to cold temperatures.



Traumatic health conditions can leave the body unable to regulate body temperature.



Exposure to cold water (freezing lakes, ponds, or the ocean).



Young children ignore the cold and continue to play in freezing temperatures.



Wearing wet clothing in cold temperatures.



Dehydration, and not consuming enough warm liquids in cold temperatures.



Living in a home with inadequate heat.

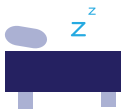


The inadequate covering of the feet, hands, nose, and ears, which are the areas most susceptible to developing hypothermia.



Exposure to harsh and dangerous wind chills.

## Hypothermia Prevention



**GET** plenty of rest before venturing outside.



**DRESS** in warm layers, and choose weather-proof clothing.



**STAY** hydrated and well-fed before going outside.



**DRESS** infants and young children in an extra layer for protection.



**ALWAYS** play outside in groups, and never leave any friends behind.



**MAKE** sure children cover their heads, ears, hands, and feet when playing outside in cold temperatures.



**CAREGIVERS** should frequently check on children and look for signs of frostbite and hypothermia.



**CHOOSE** mittens over gloves.



**MAKE** sure children take long breaks in between playing outside in cold weather.



**KEEP** skin dry and avoid swimming or playing in cold bodies of water.



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