



Spring is here, and even though the weather is warm, lakes and ponds can still be dangerously cold. Global Medical Response (GMR) cautions you to be aware of the dangers of hypothermia, even in warmer weather.

#### Victims go through stages of:



Shivering



Numbness



Confusion



Drowsiness

And can eventually lose consciousness. Unless emergency aid is provided, death can soon follow.

#### First aid for hypothermia includes:



Removing the person from the cold setting



Remove any wet clothes



Wrap the person in warm materials



If the victim is alert, give warm, non-alcoholic fluids

Never give anything by mouth to someone who is less than fully alert.

**Hypothermia is a general cooling of the body's internal temperature and can start within 15 minutes of entering cold water.**