

Cold Injuries:

HYPOTHERMIA

The most common risks of extreme weather exposure are injuries from falling, frostbite, and hypothermia. To prevent any physical injuries from slippage or falling, avoid long walks, and try to salt and remove snow from your driveway.

Hypothermia occurs when the body's core temperature drops below 37°C. Symptoms include shivering, confusion, and loss of muscular control, such as difficulty walking. Hypothermia can progress to a life-threatening condition when shivering in the body stops or when the person loses consciousness. Cardiac arrest may also occur if left untreated.

WHAT TO DO IF SOMEONE IS EXPERIENCING HYPOTHERMIA?

- Seek medical attention at an emergency room or urgent care centre. If necessary, call 911!
- Lay the person down on the ground and avoid rough handling.
- Seek shelter indoors.
- Gently remove any wet clothing.
- Gradually and slowly warm the person's body using heat sources at your disposal.