

*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 child 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 child to a warm place.  
• Remove cold or wet clothing and wrap child in a warm, dry blanket.


Does child have:

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

NO → Continue to warm child with blankets. If child is fully awake and alert, offer warm (**NOT HOT**) fluids, but no food.

YES →

- **CALL EMS.**
- Give nothing by mouth.
- Continue to warm child with blankets.
- If child is sleepy or losing consciousness, place the child on his/her side to protect the airway.
- Look, listen and feel for breathing. If child stops breathing, see *CPR*



Contact responsible authority & parent/guardian. Encourage medical care.