

Hypothermia

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for



Unresponsive



Cannot get the student to respond; student not able to follow directions or think clearly



Cold, pale, bluish skin

- Shivering to loss of shivering
- Rapid to slowing heart rate

Action

1. DO NOT:

- Allow student to walk if feet are frozen.
- Apply direct heat, i.e. hot water, a heating pad, or lamp.

DO:

2. Move student out of the cold; if not possible, shield from the weather as much as possible and insulate the student's body from the cold ground with blankets, coats, etc.
3. Gently remove student's wet clothing and wrap the student (including the head) in warm, dry blankets.
4. If student is alert and swallowing well, provide warm non-caffeinated and non-alcoholic beverages.

