

Warning Signs of Hypothermia



While hypothermia generally occurs at very cold temperatures, the [Centers for Disease Control \(CDC\)](#) says that it can happen even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

As winter approaches, it's important to know the warning signs of hypothermia and what to do if you notice those signs.

Warnings Signs of Hypothermia

Adults:

- Body temperature below 95 degrees
- Uncontrollable shivering
- Exhaustion
- Confusion, fumbling hands
- Memory loss, disorientation
- Incoherence, slurred speech
- Drowsiness

Infants:

- Bright red, cold skin
- Very low energy

If someone is suffering from hypothermia, get medical attention immediately and begin warming the person until help arrives. Find several ways to warm a person on the [CDC's Hypothermia page](#).

If you must go outside, prevent hypothermia by:

- Wearing several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Cover all of your body. Wear a hat and a scarf, covering your mouth to protect your face and to help prevent loss of body heat.

Stay Warm with Home Heating Safety

According to the [U.S. Fire Administration \(USFA\)](#), half of all home heating fires



occur in December, January and February.

So now is the time to make sure your home heating device is safe, before the weather turns bitter cold. Follow these USFA heating tips to maintain a fire safe home this winter.

- Keep anything that can burn at least three (3) feet from all heat sources including fireplaces, wood stoves, radiators, space heaters or candles.
- Never use an oven to heat your home.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.

For more information on how to keep specific heating devices safe, such as a furnace, space heater, kerosene heater, fireplace or wood stove, visit the [USFA's Heating Fire Safety page](#).