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

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

**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.

For more information visit amr.net/safety

www.amr.net  |  855.267.0911