

COLD

Stages of Hypothermia

Mental Status	Core Body Temperature	Shivering?	Breathing?	Stage
alert	> 35°C (> 95°F)	yes	yes	0
alert	32 - 35°C (89.6 - 95°F)	yes	yes	I
drowsy	28 - 31.9°C (82.4 - 89.5°F)	no	yes	II
unconscious	24 - 27.9°C (75.2 - 82.3°F)	no	yes	III
unconscious	< 24°C (< 75.2°F)	no	no	IV

1. CALL 9-1-1 or the local emergency number.
2. Gently move the person to a warm place.
3. Monitor breathing and circulation.
4. Give rescue breathing and CPR if needed.
5. Remove any wet clothing and dry the person.
6. Warm the person slowly by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. Do not warm the person too quickly, such as by immersing in warm water. Rapid warming may cause dangerous heart arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet).
7. Areas of frostbite may be warmed in ~105°F water bath ONLY if there is no possibility for tissue to re-freeze.

HEAT

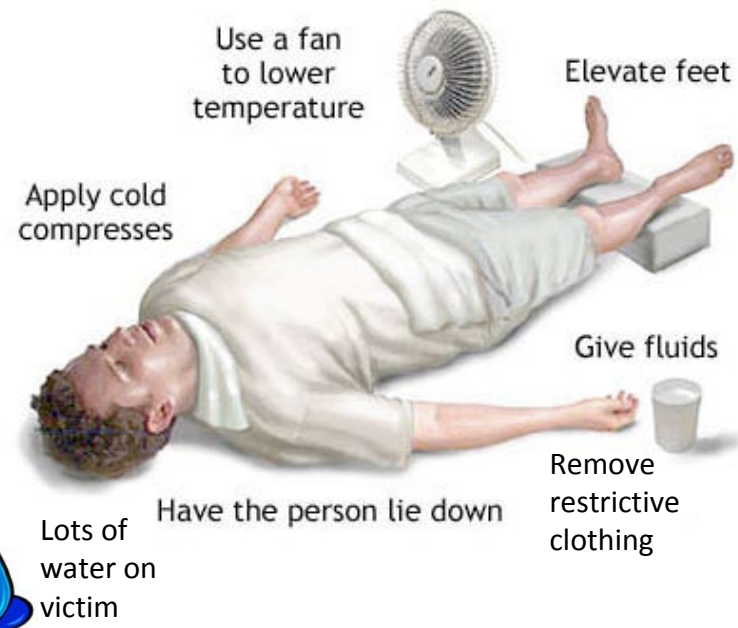
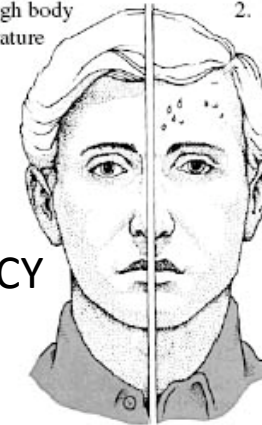
Heat Stroke

1. Dry, hot skin
2. Very high body temperature

Heat Exhaustion

1. Moist clammy skin
2. Normal or subnormal temperature

SEVERE
MEDICAL
EMERGENCY



Lots of
water on
victim

Adapted from:

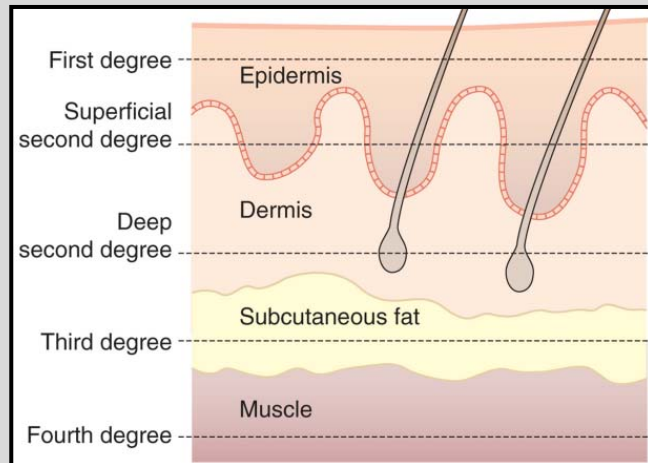
Auerbach PS. Wilderness Medicine. 5th ed. 2007; Sanders MJ. Mosby's Paramedic Textbook. 3rd ed. 2005.

BURNS

- If on fire: **STOP, DROP & ROLL**
- If safe: remove victim from burning area, avoid electrocution & chemical exposures
- **Cool, moist, loose dressings**
- **Avoid ice & ice water**
- **Keep blisters intact**
- **Aloe Vera gel is ok**

For severe burns:

- **Avoid chilling the victim**
- **Keep victim covered to minimize heat loss**
- **Seek immediate medical attention**



ALLERGIC REACTION

- An allergic reaction is not the same as allergies.



Signs/Symptoms:

- **Hives, rash, whole body itching**
- **Difficulty breathing or chest tightness**
- **Tongue or throat swelling**
- **Nausea, vomiting, abdominal cramps**
- **Usually occurs within 5 minutes to 2 hours after exposure**

EpiPen:

- **Remove from packaging**
- **Pull cap off, do not twist**
- **Position at mid-outer thigh**
- **Push hard, hear the *click*, hold in place for 10 seconds**

