

# Stages of Hypothermia

## Cold Stress

- Answers questions
- Normal movement
- Shivering
- Acts normally

**Take steps to warm the person or this could progress to hypothermia.**

Put on more warm and dry clothing. Warm the body with movement, warm drinks or going to a warmer space.



## Mild Hypothermia



- Answers questions
- Difficulty moving hands
- Shivering
- Acts normally

If possible, go to a warm space. Gently warm the body with hot packs, hot water bottles, warm shower, blankets, or skin-to-skin contact.

**If symptoms do not improve within 30 minutes, go to an emergency room or urgent care centre. Call 9-1-1 or your local emergency number if necessary.**

## Moderate Hypothermia

- Difficulty talking
- Difficulty moving
- Shivering may stop
- Confused or sleepy

**Seek medical attention at an emergency room or urgent care centre. Call 9-1-1 if necessary.**

On the way to medical attention or while waiting for emergency medical services, try to warm the person. If possible, go to a warm space. Gently warm the body with hot packs, hot water bottles, warm shower, blankets, or skin-to-skin contact.



## Severe Hypothermia



- Does not answer
- Little or no movement
- No shivering
- May be difficult to wake up

**Call 9-1-1. If the person is NOT breathing, start CPR.**

If possible, go to a warm space. Try to gently warm the body with hot packs, hot water bottles or blankets.

**\*If you are unsure or have any non-emergency questions, call 8-1-1 to speak with a nurse.**