



## First aid for someone who has **hypothermia**

Find out how you can help someone with hypothermia.

**The environment is cold. The person may be shivering, pale and cold to touch. They may also be disorientated.**

Many instances of hypothermia occur inside when there is cold weather and a lack of heating.

**Call 999 as soon as possible, or get someone else to do it.**

**Warm the person, giving constant reassurance.**

You can warm them by wrapping them in a blanket and giving warm drinks and high-energy foods, such as chocolate.