



TIPS FOR PREVENTING HYPOTHERMIA

Hypothermia occurs when your body's control mechanisms fail to maintain a normal body temperature. Signs and symptoms that may develop include gradual loss of mental and physical abilities. Severe hypothermia can lead to death.

When you're outdoors enjoying such activities as camping, hunting, fishing, and boating, be aware of weather conditions and whether you or others with you are wet and cold.

To reduce the risk of hypothermia, remember the advice that follows with the simple acronym COLD:

- **C for cover.** Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves. Mittens are more effective than gloves are because mittens keep your fingers in closer contact with one another.
- **O for overexertion.** Avoid activities that would cause you to sweat a lot. The combination of wet clothing and cold weather can give you chills.
- **L for layers.** Wear loosefitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold more body heat than cotton does.
- **D for dry.** Stay as dry as possible. In the winter, pay special attention to places where snow can enter, such as in loose mittens or snow boots.