

Helping someone who has:

## Hypothermia

Key action:  
**Warm the person.**



## Recognise what to do:

The environment is cold.

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



## Steps to take:

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

Warm the person.

## Supporting knowledge:

Warming the person while waiting for the ambulance may help reverse the hypothermia.

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