

Recognizing Hypothermia

This is an important message from the U. S. Department of Health and Human Services.

Hypothermia is a serious medical condition that strikes during very cold weather or when people are chilled from rain, sweat, or cold water. Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness are signs of hypothermia. Babies with hypothermia have bright red, cold skin, and very low energy. Seek immediate medical attention for signs of hypothermia.

To learn more, call 800-CDC-INFO.