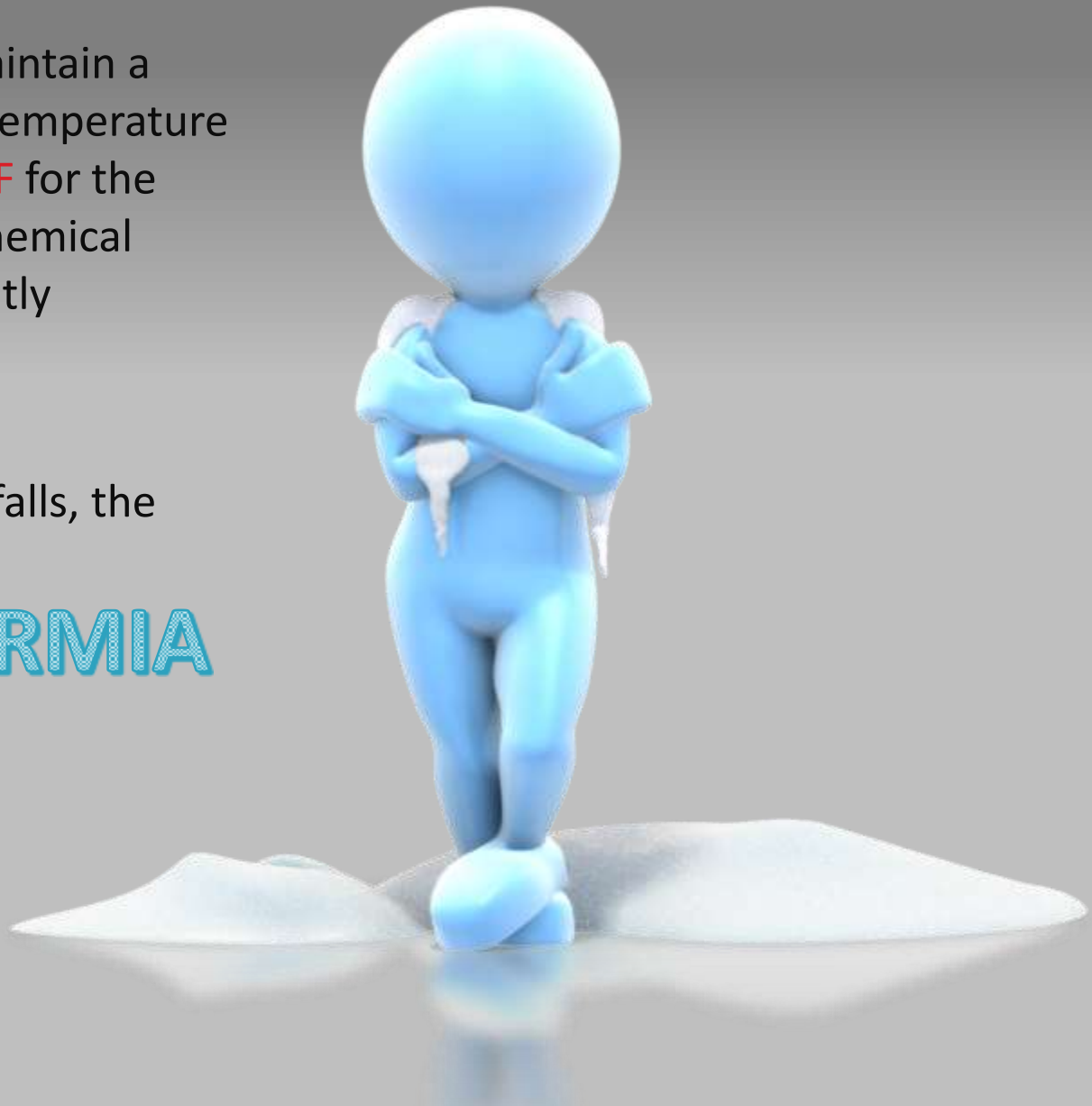


Do you like cold?

The human body must maintain a narrow range of internal temperature between 95.1°F to 100.9°F for the body's metabolism and chemical processes to work efficiently

When body temperature falls, the condition is known as

HYPOTHERMIA



Hypothermia - Signs and Symptoms



SEVERE Hypothermia

88°F to 80°F

- Coma
- Weak pulse, arrhythmias, very slow respirations
- Unresponsive

Frostnip

- Skin freezing but deeper tissues are not affected.
- Usually not painful, patient may even be unaware
- Skin is pale, cold to touch, possibly wrinkled, loss of sensation to the area



© Mayo Foundation for Medical Education and Research. All rights reserved.