

HOW TO AVOID HYPOTHERMIA

Hypothermia is a very dangerous condition and something that we take very serious in Eagle Heights Woods. You would be surprised, but you don't even have to be that cold to get hypothermia. Getting wet and a chill wind can really speed up the process.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- * Research appropriate clothes for cold weather, the best kind to preserve body warmth. This would be avoiding cotton, layering clothes, wind-breaking top layer, and so on.
- * Analyze your current clothes and earmark the most appropriate clothes to wear for cold weather expeditions or even just chilly days around town. Create a go-to outfit that you can have at the ready and share your plan (the what and why) with your parents.

To avoid hypothermia, be prepared:

- Let's make sure we check weather reports before we go somewhere. Plan for the worst and take additional clothes. Layering clothes is the best way to stay warm. And for the record, avoid jeans and other cotton clothing. They hold moisture really well, which is not what you want.
- If you end up in a situation where you are outdoors in cold weather, avoid getting wet at all costs, including keeping your feet dry. If it starts raining, try to find shelter until it has passed.
- Wind will also chill you to the bone and reduce your body temperature. Avoid direct blasting wind if at all possible. Wear wind-breaking clothing.
- Try not to sweat. Sweat is your body using water to cool you down. When you are exerting yourself on a cold day, you can get sweaty from the exertion, then develop hypothermia from wet clothes.

Symptoms for hypothermia may include shivering, hunger, nausea, fatigue, poor coordination, and slurred speech. As it

becomes worse a person may become drowsy and confused. In such a case they need to be warmed up immediately. Bear in mind, the actual warming process should not be too fast. Warm soup (not hot) would help. Don't throw the individual into a hot shower.

