

If the person is conscious:

- Remove the person from the source of cold and shelter from the elements
- Place the person in warm, dry clothes between blankets
- Huddle together for warmth
- Give warm sweet drinks

If the person is unconscious:

- Follow the DRABCD action plan
- Cover with blankets or extra clothing,
- Provide extra warmth with wrapped warm water bottles or body heat

After Care:

Whenever it is possible, seek medical aid.

Remember:

- **NEVER** massage the cold skin
 - **NEVER** give alcohol
- **NEVER** use direct heat, such as hot water bottles
- **ALWAYS** seek expert advice early

