Hypothermia

You have a low body temperature. The medical term for this is hypothermia.
Symptoms of hypothermia can include:

- Shivering.
- Poor coordination.
- Weakness.
- Confusion.
- Drowsiness.

If you are thin, inactive and/or elderly you can become hypothermic indoors if the thermostat is set too low and you do not dress warmly. Exposure to very cold or wet conditions can also bring on hypothermia quickly.

If you became hypothermic indoors, you should keep your room temperature above 65° F (18.3° C). Dress more warmly. Hypothermia due to outdoor exposure to cold and wet conditions can be prevented by dressing properly. A hat is important. Eat well before going out into cold weather. You need extra calories. Avoid drinking alcohol during cold exposure. Alcohol makes your body lose heat faster.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP MORE:

- Shivering.
- Weakness.
- Fainting.
- Confusion.
- Pain, or other serious symptoms.

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