

APPENDIX C

Illness	Signs & Symptoms	*Recommended Actions
<p>Dehydration Usually occurs when the body's output of water is greater than the body's input</p>	<ul style="list-style-type: none"> ▪ Thirsty ▪ Lightheadedness ▪ Muscle cramps ▪ Headache 	<ul style="list-style-type: none"> ▪ Drink water or sports drinks that contain electrolytes ▪ Drink to quench thirst
<p>Mild hypothermia Usually occurs when the core body temperature drops between 98-90 F</p>	<ul style="list-style-type: none"> ▪ Shivering ▪ Lack of coordination, stumbling, fumbling, hands ▪ Slurred speech ▪ Memory loss; and/or ▪ Pale, cold skin 	<ul style="list-style-type: none"> ▪ Move to warm area ▪ Stay active ▪ Remove wet clothes and replace with dry clothes or blankets and cover head ▪ Drink warm (not hot) sugary drink
<p>Moderate Hypothermia Usually occurs when the core body temperature drops between 90-86 F</p>	<ul style="list-style-type: none"> ▪ Shivering stops ▪ Unable to walk or stand ▪ Confused and irrational 	<ul style="list-style-type: none"> ▪ All of the recommended actions for mild hypothermia plus the following: ▪ Call 911 for an ambulance ▪ Cover all extremities completely ▪ Place very warm objects, such as hot packs or water bottles on the victim's head, neck, cheek, and groin
<p>Severe Hypothermia Usually occurs when the core body temperature drops between 86-78 F</p>	<ul style="list-style-type: none"> ▪ Severe muscle stiffness ▪ Very sleepy or unconscious ▪ Ice cold skin ▪ Death 	<ul style="list-style-type: none"> ▪ Call 911 for an ambulance ▪ Treat the victim very gently ▪ Do not attempt to re-warm
<p>Frostbite Usually occurs when the skin actually freezes and loses water when temperatures are below 30 F. Wind chill factor can allow frostbite to occur in above freezing temperatures.</p>	<ul style="list-style-type: none"> ▪ Cold, tingling, stinging or aching feeling in the frostbitten area followed by numbness ▪ Skin color turns red, then purple, then white or very pale ▪ The skin is cold to the touch ▪ Blistering in severe cases 	<ul style="list-style-type: none"> ▪ Call 911 for ambulance ▪ Do not rub the area ▪ Wrap frostbitten area with a soft cloth ▪ If help is delayed, immerse area in warm (not hot) water. Do not pour water on affected area ▪ Apply sterile dressings to blisters to prevent breaking
<p>Trench Foot Usually occurs by having feet immersed in cold water for long periods of time. Similar to frostbite but less severe.</p>	<ul style="list-style-type: none"> ▪ Tingling, itching or burning sensation ▪ Blisters may also be present 	<ul style="list-style-type: none"> ▪ Soak feet in warm (not hot) water ▪ Wrap with a soft dry cloth or bandage ▪ Drink a warm sugary drink
<p>Chilblains Painful inflammation of small blood vessels as a response to sudden warming from cold temperatures</p>	<ul style="list-style-type: none"> ▪ Red itchy patches of skin ▪ Swelling and blistering on extremities ▪ Burning sensation on skin ▪ Changes in skin color from red to dark blue 	<ul style="list-style-type: none"> ▪ Chilblains will usually go away on its own, making treatment not a necessity ▪ Keep the area warm ▪ Use antiseptic to help reduce the chance of infection