

MARICOPA COUNTY PARKS AND RECREATION DEPARTMENT

HYPOTHERMIA WARNING SIGNS

Did you know that the cold water temperatures can cause your body to lose heat faster than it can produce it? This could cause your body temperature to dip dangerously low. This is also known as **HYPOTHERMIA**.

What are the signs of hypothermia?

- Shivering
- Confusion
- Fumbling hands
- Slurred speech
- Exhaustion or feeling tired
- Memory loss
- Drowsiness

Source: Prevent Hypothermia and Frostbite by the CDC -
<https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

