

HOW TO TREAT POLARIZING BODY TEMPERATURES



HYPERTHERMIA

(HIGH TEMPERATURE)

- Stop Physical Activity
- Remove Tight Clothing
- Drink Slightly Salted or Sports Drinks
- Gently Stretch Cramping Muscles
- Evaporative Cooling (*Misting*)
- Immerse in Cool Water



HYPOTHERMIA

(LOW TEMPERATURE)

- Limit Movements to Prevent Cardiac Arrest
- Remove Wet Clothing as Necessary
- Keep Warm
- Monitor Breathing (Begin CPR if Breathing Stops)
- Do NOT Apply Direct Heat onto Skin

