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The MacScouter -- Scouting Resources Online

Winter Camping & Hypothermia

Systematic Hypothermia: Core Temperature

By Kevin Hamilton

Degree of Hypothermia =====	Signs and Symptoms =====	Cardiorespiratory Response =====	Level of Consciousness =====
95 F - Mild	Shivering Foot Stamping		Withdrawn
90 F - Mild	Loss off Coordination		Confused
85 F - Moderate	Lethargy	Slow Pulse	Sleepy
80 F - Severe	Coma	Weak Pulse; arrhythmias; slow respirations	Irrational
78 F - Severe	Apparent Death	Ventricular fibrillation; cardiac arrest	Unconscious



The MacScouter Scouting Resources Online web site is provided by
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