



## A MINUTE OF HEALTH WITH CDC

### *Stay Warm in Winter*

*Hypothermia-Related Deaths — Wisconsin, 2014, and United States, 2003-2013*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

When frigid winter temperatures hit the U.S., the risk for unhealthy exposure to cold increases substantially. Hypothermia occurs when the core body temperature is less than 95 degrees. Initial symptoms include shivering and cool hands and feet. It can progress to confusion, loss of coordination, and even death. Older people and the homeless are at highest risk. Substance and alcohol abuse can hinder the body's ability to fight off the cold. To help prevent hypothermia and save lives, avoid alcohol, dress appropriately, and stay indoors.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*