Hypothermia Signs & Symptoms

Categories : Health/Fitness

Last week I did a post about DIY hypothermia treatments, today we are looking at hypothermia signs and symptoms (I should have done these posts in reverse order!).

Do you know what signs and symptoms to look out for yourself and to look out for in others? If not, or you need a refresher, head over to Nature Skills and check out their excellent article on the subject.

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