I am assuming that most of the people who visit my website are aware of the risk factors for hypothermia. That said, I think it is fairly safe to assume that most people associate hypothermia with being outdoors in the woods, or getting wet in sub-zero conditions. It is in fact interesting to note that most people die from hypothermia in urban areas, with many of them actually indoors... If you are inactive and inappropriately dressed, a temperature of 50 degrees and below can cause hypothermia.
Anyway this is a post about hypothermia treatment rather than causes and when I am looking for serious medical advice for emergency/survival situations, there is only one place I go - James Hubbard, M.D., M.P.H. AKA The Survival Doctor.

Today I am featuring two excellent posts from the Survival Doctor website. One for treating conscious people and another for treating unconscious people. Check the out below and make sure you know what to do if you or a family member is suffering from hypothermia.

**Hypothermia Treatment, Part One: How to Treat a Conscious Person**

**Hypothermia Treatment, Part Two: How to Treat an Unconscious Person**

Also [Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid](http://knowledgeweighsnothing.com) is an excellent book that covers this an many other medical emergencies.