



*Wish you were here*

Acton McDonald's manager Jennifer Boysen, a member of McDonald's Olympic Champion Crew, signs a banner at the McDonald's restaurant at the Main Media Centre in Vancouver. Boysen is one of several Halton Hills residents who have been helping out in various capacities at the Olympic Games which wrap up Sunday. Another resident, Lori Gysel, is a head chef at Hockey House. For more on Gysel's experience see page 25.

*Submitted photo*

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For Flyer Information, contact Nancy Geissler, 905-873-0301, Ext 228

**HYPOTHERMIA**

WHAT SHOULD YOU DO?

**DO...**

- Keep the person warm by wrapping him/her in blankets and moving him/her to a warm place. Remember to be very gentle in handling the person.
- Put hot water bottles, heating pads (if the person is dry), or other heat sources on the body, keeping a blanket, towel or clothing between the heat source and the skin to avoid burns.
- Give warm liquids to drink, if the person is awake.

**DON'T...**

- Do not warm the person too quickly by immersing him or her in warm water. Rapid rewarming can cause heart problems.
- Never rub the surface of the person's body, this could cause further damage if they are also suffering from frostbite.
- Avoid giving alcohol and caffeine to drink, it can hinder the body's heat producing mechanisms.

Canadian Red Cross