

# Know the signs of hypothermia and how to treat it

If you've waded a line on some body of water or ventured into the woods, marsh or fields on a day that's cold and damp, there's probably been an occasion when you've picked up a case of the chills.

This can be uncomfortable situation to be in. Worse, it can be a precursor to hypothermia.

This is a condition that occurs when your inner body temperature falls to a subnormal level through exposure to cool air or sudden contact with cold water. It accelerates when donning wet clothing.

Hypothermia can impair your capacity to act in a rational manner.

In extreme cases, it could result in death.

Besides uncontrolled shivering, slurred or slow speech, memory lapses, drowsiness, gawkiness or exhaustion could be indicators of hypothermia.

To prevent this it's important to know your skill level before attempting any outdoor endeavour.

It also helps to get plenty of rest before making any excursion.

Most important though, is to get a handle on the day's weather conditions.

Don't take any unnecessary risks and above all, be prepared for unpleasant weather.

Wear appropriate clothing that will keep you dry and warm. This should



Mike Hayakawa

include a hat and layers of clothing made of tightly woven fibres, such as wool, which can trap warm air against your body. Be sure to keep vulnerable areas such as your fingers, toes, ears and nose protected and covered.

A wet suit or survival suit is an asset for boaters.

If you begin to perspire, remove extra layers of clothing.

In instances where you might be far removed from civilization for an extended period, carry an emergency or survival kit.

This should include a container of water, since an adult requires at least four quarts a day to prevent dehydration. Some high energy food to provide your body with strength to continue metabolizing and producing heat should also be included.

In treating hypothermia, the first priority is to immediately move the victim

to a sheltered area and make them as warm as possible. If there's no sheltered area within the immediate area, construct a bonfire.

All wet clothing should be removed and heat in the form of warm, moist towels, heated blankets or hot water bottles can be applied to the victim's body.

Do not warm the person too quickly by immersing them in warm water. Rapid rewarming can cause heart prob-

lems. Never rub the surface of the person's body which could cause further damage if they are have frostbite.

A down-filled sleeping bag could be used to place the victim in.

As the victim recovers, begin serving warm beverages to help raise the core temperature. But avoid anything that includes alcohol or caffeine.

If a victim's condition appears to worsen, seek immediate proper medical assistance.

Be a Big Brother



it's kids stuff.

905-727-1251

This message brought to you as a community service of Economist & Sun/Tribune

## Flyer WATCH

Inserts for Thursday November 30, 2000

- |                   |                          |                        |
|-------------------|--------------------------|------------------------|
| Business Depot    | Spotlight                | Canadian Tire          |
| Loblaws           | Today's Homes*           | Stouffville*Canadian   |
| Sears*            | IGA - Markham*           | Tire - R. Hill*        |
| The Bay*          | IGA - Unionville*        | Canadian Tire -        |
| The Building Box* | Michael's Arts & Crafts* | Aurora*                |
| Biway*            | Canadian Tire - Steeles* | Loblaws - R. Hill*     |
| Personal Edge*    | Holiday Inn*             | Loblaws - Nwkt*        |
| Zellers*          | Schell Ace Building      | Weston Produce*        |
| Longos*           | Centre*                  | IGA - Aurora*          |
| A&P*              | Home Depot*              | Town of Aurora Leisure |
| Toys R Us*        | Sobeys*                  | Guide*                 |

NO ONE DELIVERS RESULTS LIKE WE DO! selected areas only

To find out more about how to reach your target market and get the same great response from your flyer distributions as these customers, call us today!

ECONOMIST & SUN (905) 294-8244 Stouffville Tribune

BRING HOLIDAY TRADITIONS TO LIGHT AT

# Festival of Trees

AT MARKHAM MUSEUM AND HISTORIC VILLAGE

DECEMBER 1 TO 3, 2000



Join us for Festival of Trees and celebrate this joyous holiday season with dozens of beautifully decorated trees and a host of special holiday events for the whole family. Visit our Festival Café, enjoy live entertainment, children's crafts and activities, visit Santa's Secret Shop, take a stroll through our historic village and more!

**BREAKFAST WITH SANTA**  
SAT., DEC. 2 AND SUN., DEC. 3  
9:30 AM & 11:00 AM  
(2 seatings) Advance Tickets Only  
Adults: \$10.00 Children 12 and under: \$8.00  
(Includes admission to all other festival activities)

**BEDTIME STORIES WITH SANTA**  
SAT., DEC. 2 7:00 - 8:00 PM  
Advance Tickets Only \$5.00  
(Includes admission to all other festival activities)  
Children must be accompanied by an adult



For more information, call  
(905) 294-4576 or (905) 947-8577

**FESTIVAL HOURS:**  
Friday, December 1st 10:00 a.m. to 6:00 p.m.  
Saturday, December 2nd 10:00 a.m. to 8:00 p.m.  
Sunday, December 3rd 10:00 a.m. to 4:00 p.m.

A UNIQUE PARTNERSHIP PRESENTED BY

THE LUNG ASSOCIATION



9350 HIGHWAY 48, MARKHAM (JUST NORTH OF 16TH AVENUE, ON HWY 48)

Festival proceeds will help support lung health research, Lung Association community services and educational programming at Markham Museum.



## Important Notice

YORK REGION DISTRICT SCHOOL BOARD

### Public Information Meetings

Town of Markham  
Elementary School  
Attendance Boundary Review

The York Region District School Board will be hosting a Public Meeting Open House to share information and gather input regarding proposed changes to the long term attendance boundaries for elementary schools serving the Town of Markham, south of Highway 407, east of Middlefield Road as a result of the proposed opening of a new school on Fonda Road in September 2001.

Public Information Meeting will be held:

• Tuesday, December 5, 2000 7-8 pm  
Boxwood Public School  
30 Boxwood Crescent,  
Markham, Ontario  
(905)294-5563



www.yrdsb.edu.on.ca

Bill Crothers  
Chair of the Board

Bill Hogarth  
Director of Education