

As we head into the winter fishing season Please remember to notice the signs of HYPOTHERMIA and take action before it is too late:

Shivering is your body's automatic defense against cold temperature — an attempt to warm itself. Constant shivering is a key sign of hypothermia. Signs and symptoms of moderate to severe hypothermia include:

- Shivering, Clumsiness or lack of coordination, Slurred speech or mumbling, Stumbling, Confusion or difficulty thinking
- Poor decision making, such as trying to remove warm clothes, Drowsiness or very low energy,
- Apathy or lack of concern about one's condition
- Progressive loss of consciousness, Weak pulse, Slow, shallow breathing

A person with hypothermia usually isn't aware of his or her condition, because the symptoms often begin gradually and because the confused thinking associated with hypothermia prevents self-awareness. IF you suspect that someone has hypothermia please follow the following treatment;

First-aid care

- **Be gentle.** When you're helping a person with hypothermia, handle him or her gently. Limit movements to only those that are necessary. Don't massage or rub the person. Excessive, vigorous or jarring movements may trigger cardiac arrest.
- **Move the person out of the cold.** Move the person to a warm, dry location if possible. If you're unable to move the person out of the cold, shield him or her from the cold and wind as much as possible.
- **Remove wet clothing.** If the person is wearing wet clothing, remove it. Cut away clothing if necessary to avoid excessive movement.
- **Cover the person with blankets.** Use layers of dry blankets or coats to warm the person. Cover the person's head, leaving only the face exposed.

- **Insulate the person's body from the cold ground.** If you're outside, lay the person on his or her back on a blanket or other warm surface
- **Provide warm beverages.** If the affected person is alert and able to swallow, provide a warm, nonalcoholic, non-caffeine beverage to help warm the body.
- **Use warm, dry compresses.** Use a first-aid warm compress (a plastic fluid-filled bag that warms up when squeezed), or a makeshift compress of warm water in a plastic bottle or a dryer-warmed towel. Apply a compress only to the neck, chest wall or groin.

ALWAYS CARRY A **DUNK BAG** for winter fishing.. I always throw one in during the winter.. if you don't need it Great ! but if you do and don't have it you are screwed and it could cost someone, including yourself, severe injury death.. **What is a Dunk Bag?** extra clothes including thick socks, stocking cap, heavy hooded sweatshirt, insulated underwear, gloves, blanket, heavy sweat pants, and a thermos of hot caffeine free tea. YOU should also think about taking a partner fishing with you during the winter, if you don't normally fish with one you can take care of each other.

“A Bad Day Fishing Is Still A Great Day”