

## Signs & Symptoms

- Weak, rapid pulse
- Cold, clammy skin
- Rapid breathing
- Faintness/dizziness
- Nausea
- Pale face, fingernails, lips.

### Increasing to:

- Restlessness
- Thirst
- Rapid shallow breathing
- Drowsiness, confusion or unconsciousness
- Cyanosis - extremities become a blue like colour - this is a late sign and the person is very ill.

## What to do

1. DRSABCD
2. Reassure the casualty
3. Call Triple Zero (000) for an ambulance
4. Raise the casualty's legs (unless fractured or a snake bite) above the level of the heart -place head flat on the floor
5. Treat any wound or burn and immobilise any fractures
6. Loosen any tight clothing at neck, chest and waist
7. Maintain casualty's body warmth with a blanket or similar (DO NOT use any source of direct heat)
8. Give small amounts of clear fluid (preferably water) frequently to the conscious casualty who does not have abdominal trauma and unlikely to require an operation in the immediate future. If in doubt, do not give fluid
9. Monitor and record breathing, pulse and skin colour at regular intervals
10. Place the casualty in the recovery position if there is breathing difficulty, the casualty becomes unconscious or is likely to vomit