

# What is THE COLD SHOCK RESPONSE?

As spring approaches, our lakes, rivers, streams, ditches and other waterways begin to thaw, creating tempting spaces for kids to swim. Flood conditions may lead to water over roadways, and drivers being swept into rapidly rising waters.

Cold Shock is your body's response to sudden immersion into cold water. Below are some risks of sudden cold water immersion.

## INVOLUNTARY GASPING

Sudden contact with cold water causes a sudden intake of breath, followed by hyperventilation...this can result in a lethal dose of water entering the lungs.



## SPIKE IN BLOOD PRESSURE

Blood pressure increases, placing stress on the heart as the body redirects blood from the peripheral vessels to the body's core.



## SWIM FAILURE

As the muscles cool, strength decreases to a point where the person can't rescue themselves and drown. This is called "swim failure."



## HYPOTHERMIA AFTER RESCUE

After rescue, there is a risk of hypothermia if the person remains exposed to the cold and has no means of rewarming.

