

Forum:[Hack Forums](#)

Thread: [Constantly freezing - Not covid](#)

rSM- - July 29, 2020, 11:08 pm

So, for some reason my body temperature has been extremely low lately to the point that I've been going outside in 90 degree weather with a sweatshirt and joggers. I don't understand why as I get tested for COVID every week because of my job. I'm not sick at all and feel completely healthy, just fucking cold all the time. Like my hands and feet are frozen. No idea why and don't have any health issues. Wondering if anyone has gone through the same thing and what it could be?

Prince™ - July 30, 2020, 12:43 am

Umm. You need to consult a doctor for sure?!?! To know what's really happening.

jecoylecroy - July 30, 2020, 12:53 am

(Jul 29, 2020 11:08 PM)rSM- Wrote: [\[CITE\]](#) So, for some reason my body temperature has been extremely low lately to the point that I've been going outside in 90 degree weather with a sweatshirt and joggers. I don't understand why as I get tested for COVID every week because of my job. I'm not sick at all and feel completely healthy, just fugging cold all the time. Like my hands and feet are frozen. No idea why and don't have any health issues. Wondering if anyone has gone through the same thing and what it could be?

Maybe you need some exercise so that your body regulates heat.

Lyrlei - July 30, 2020, 12:56 am

I'm not a doctor or am experienced in anything medicinal but it seems like you might have consumed 'something' way too much? I remember having chills when I consumed too much caffeine, even my bones felt numb for a time, some type of overdose or someshit.

Marketplace - July 30, 2020, 2:50 am

Maybe see a doctor. Isn't it just cold outside?

Smexy - July 30, 2020, 2:57 am

Bro, I feel ya, I always wear a winter coat in the summer.
Ur not alone, people try to make fun of me, I smash them.

Artisan - July 30, 2020, 3:51 am

Could be a thyroid issue (hypothyroidism). Visit your GP and get yourself checked.

rSM- - July 30, 2020, 5:11 am

(Jul 30, 2020 12:56 AM)Lyrlei Wrote: [\[CITE\]](#) I'm not a doctor or am experienced in anything medicinal but it seems like you might have consumed 'something' way too much? I remember having chills when I consumed too much caffeine, even my bones felt numb for a time, some type of overdose or someshit.

Thats what I thought at first, but when the issue persisted for a couple days now and I feel completely fine, I have no idea. Even when I'm asleep I'm bundled up in like 6 blankets.

(Jul 30, 2020 02:50 AM)Marketplace Wrote: [\[CITE\]](#) Maybe see a doctor. Isn't it just cold outside? Clearly didn't read the thread, stupid and absolutely useless comment

(Jul 30, 2020 03:51 AM)Artisan Wrote: [\[CITE\]](#) Could be a thyroid issue (hypothyroidism). Visit your

GP and get yourself checked.

Thats what I was thinking. Going to set up an appointment today and get checked

PAXFun - July 30, 2020, 5:19 am

Drink vitamines, find some sport, sleep normally around 8 hours.

rSM- - July 30, 2020, 5:32 am

(Jul 30, 2020 05:19 AM)PAXFun Wrote: [\[CITE\]](#) Drink vitamines, find some sport, sleep normally around 8 hours.

Work out almost every day, drink lots of water and stay away from soda, and due to my work schedule I always go to bed at around 9pm and wake up at 7. No idea what it could be until i get checked. Appreciate it tho!

YoungPriest - July 30, 2020, 5:44 am

I have no knowledge on this subject, but I would just keep the blood flowing and consult a doctor if you are really worried.

Lynx - July 30, 2020, 7:25 am

As other said, go see a doctor. They know what's best for you.

wrapperman32 - July 30, 2020, 6:44 pm

(Jul 29, 2020 11:08 PM)rSM- Wrote: [\[CITE\]](#) So, for some reason my body temperature has been extremely low lately to the point that I've been going outside in 90 degree weather with a sweatshirt and joggers. I don't understand why as I get tested for COVID every week because of my job. I'm not sick at all and feel completely healthy, just fugging cold all the time. Like my hands and feet are frozen. No idea why and don't have any health issues. Wondering if anyone has gone through the same thing and what it could be?

you need to see a doctor because it could be a heart related issue.

Bacardi Cola Lime - July 30, 2020, 7:11 pm

A very low body fat percentage would explain it but your condition sound extreme. See a doctor to be sure.