

HEAT EMERGENCY

There are multiple underlying conditions that can lead to thermodysregulation among students. For example hypohidrosis, the diminished sweating in response to appropriate stimuli or anhidrosis, the absence of sweating entirely in response to appropriate stimuli can lead to increased risk of heat emergency with high activity or high temperatures. Students without underlying conditions may experience heat emergencies from prolonged exposure to high temperatures, dehydration or often when someone has exercised too much in hot weather. Being confined or trapped in a place that has high temperatures is also a risk factor.

Heat emergencies are more common in:

- people who are overweight
- people who have been drinking alcohol
- older adults
- children

For individuals with underlying conditions or any students in high risk temperatures or settings significant symptoms should be immediately responded to.

HEAT EXHAUSTION

- Clammy skin
- Profuse sweating
- Normal or subnormal temperature
- Dilates pupils
- Rapid shallow breaths
- Weakness
- Dizziness

If any of the above symptoms are present:

1. Remove student from hot environment.
2. Encourage student to rest.
3. Encourage cool fluid intake.
4. Allow student to be seated in front of fan, if possible, as needed.
5. Allow student to apply cool packs to forehead and neck as needed.
6. Notify parent

HEAT STROKE

- Dry HOT skin
- Red/flushed face
- Appears to have fever
- Appears ill

- Has elevated body temperature (over 105)
- Unconscious
- Tachycardia with hypotension

If any of the above symptoms are present:

1. Delegate Calls to:
 - EMS/9-1-1,
 - Designated building CPR staff/ School Nurse
 - Parent
2. Immediately remove student from hot environment into an air-conditioned environment
3. Place ice packs to neck, axilla and groin and encourage cool fluid intake unless unconscious or vomiting
4. Place the child in front of a fan and use spray bottles filled with water and start spraying the individual with cool water or place cold wet towels on the individual.

Initiate CPR for absent breathing or heartbeat if you are trained.

FOLLOW-UP:

- Always notify nurse of emergency incidents.
- Complete required documentation.

Healthline (n.d.) What are heat emergencies. Retrieved from: <http://www.healthline.com/health/heat-emergencies#Treatment4>

Mayo Clinic (2015) Anhidrosis. Retrieved from: <http://www.mayoclinic.org/diseases-conditions/anhidrosis/basics/definition/CON-20033498>

Multnomah ESD (2014) Heat Emergency, Procedure for.