



# Yolo County Emergency Medical Services Agency

## Protocols

Revised Date: September 1, 2018

<b>HEAT ILLNESS</b>	
<b>Adult</b>	<b>Pediatric</b>
<b>Definitions</b>	
<p><b>Heat Cramps:</b> Temperature is usually normal, sweaty, may be warm or cool, neurological exam is normal.</p> <p><b>Heat Exhaustion:</b> Temperature is normal or slightly elevated, sweaty, usually hot to the touch; patient may feel weak and report flu like symptoms.</p> <p><b>Heat Stroke:</b> Altered mental status, core temperature is usually <math>\geq 104^{\circ}</math> F; skin is usually flushed and hot to the touch, may have persistent seizures and sweating may or may not be absent.</p>	
<b>BLS</b>	
Assess vital signs Remove excess clothing Move to a cool environment O <sub>2</sub> , titrate SpO <sub>2</sub> to $\geq 94\%$ Temperature Determine degree of illness	
<b>Heat Cramps or Heat Exhaustion</b>	
Give cool/cold fluids slowly by mouth	
<b>Heat Stroke</b>	
Aggressive cooling Undress patient and cover with wet sheet Cold packs on neck, axilla, and inguinal areas Fanning and misting	
<b>ALS</b>	
Cardiac Monitor, Waveform EtCO <sub>2</sub> , Vascular Access	
<b>Heat Exhaustion or Heat Stroke</b>	
<b>Fluid Bolus NS 250 mL IV/IO</b> <ul style="list-style-type: none"> <li>• May repeat as needed</li> </ul>	<b>Fluid Bolus NS 20ml/kg IV/IO</b> <ul style="list-style-type: none"> <li>• Titrate to age appropriate SBP</li> </ul>
<b>Direction</b>	
<ul style="list-style-type: none"> <li>• Contact Receiving ED Physician for additional treatment</li> </ul>	