



Yolo County Emergency Medical Services Agency

Protocols

Revised Date: May 1, 2024

HEAT ILLNESS	
Adult	Pediatric
Definitions	
<p>Heat Cramps: Temperature is usually normal, sweaty, may be warm or cool, neurological exam is normal.</p> <p>Heat Exhaustion: Temperature is normal or slightly elevated, sweaty, usually hot to the touch; patient may feel weak and report flu like symptoms.</p> <p>Heat Stroke: Altered mental status, core temperature is usually $\geq 40^{\circ}$ C (104° F); skin is usually flushed and hot to the touch, may have persistent seizures and sweating may or may not be absent.</p>	
BLS	
<ul style="list-style-type: none"> Assess vital signs, including temperature Remove excess clothing Move to a cool environment O₂, titrate to SpO₂ \geq 94% 	
Heat Cramps or Heat Exhaustion	
<ul style="list-style-type: none"> Give cool/cold fluids slowly by mouth 	
Heat Stroke	
<ul style="list-style-type: none"> Support rapid cooling measures performed on-scene by athletic training staff, if available <ul style="list-style-type: none"> Immersion in ice water bath until rectal probe temperature reaches 39° C (102° F) Remove patient for treatment and transport for unstable airway or seizures Evaporative cooling measures. Stop if shivering is induced <ul style="list-style-type: none"> Undress patient and cover with wet sheet Cold packs on neck, axilla, and inguinal areas Fanning and misting with room-temperature water 	
ALS	
Cardiac Monitor, Waveform EtCO ₂ , Vascular Access	
Heat Exhaustion or Heat Stroke	
Fluid Bolus NS 250 mL IV/IO <ul style="list-style-type: none"> If blood pressure \leq 90 systolic 	Fluid Bolus NS 20ml/kg IV/IO <ul style="list-style-type: none"> Titrate to age appropriate SBP
Direction	
<ul style="list-style-type: none"> Contact Base Hospital for additional treatment In the absence of immediate life threats, transport may be delayed for rapid cooling of Heat Stroke 	