

Antelope Valley Union High School District Emergency Health Plan – Heat-Related Emergencies

Heat-related emergencies occur on days with high temperatures or humidity. Heat-related emergencies result from a sudden elevation of body temperature above normal range due to environmental exposure, prolonged sweating with a loss of salt and electrolytes, and / or an inability to compensate to cool the body. If left untreated, the result is muscle cramping, heat exhaustion, and heat stroke with shock, brain damage, organ failure, and possibly death.

Nursing Diagnosis

- Potential **self-care deficit** related to physical or cognitive abilities resulting in unintentional heat exposure and inadequate preventative precautions.

Health Goals

- Student will demonstrate appropriate and adequate interventions/activities to maintain normal body temperature, 98.6°F (37°C), on hot and or humid days.
- Student will receive appropriate assistance when needed to take precautions in hot or humid weather.

HEAT EXHAUSTION

- Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat.

Signs of illness	Interventions
<ul style="list-style-type: none"> • Profuse sweating • Muscle cramping • Fatigue, weakness • Paleness • Dizziness, lightheaded • Headache • Nausea and vomiting • Fainting • Cool and moist skin • Breathing, fast and shallow • Heart rate, fast and weak 	<ul style="list-style-type: none"> • Stop all activity and get to a shady area • Offer sips of cool Gatorade or clear juice or water, ONLY if fully awake and alert (extremely cold fluids will cause stomach cramping); provide ½ cup every 15 minutes. • Have victim transported to an air-conditioned office by Security Staff • Apply cool, wet cloths; Fan if outside • Remove heavy or restrictive clothing • Get medical attention if symptoms worsen or last longer than 1 hour

HEAT STROKE

- A life-threatening medical condition that requires immediate intervention. Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs of illness	Interventions
<ul style="list-style-type: none"> • Dry, hot, and red skin with no sweating • Fever over 103°F taken orally • Rapid, strong pulse • Throbbing headache • Dizziness • Nausea • Extreme confusion, irrational behavior • Muscle cramping, twitching • Loss of consciousness 	<ul style="list-style-type: none"> • All the interventions for heat exhaustion AND • Call 9-1-1 • Put ice packs under neck, in each armpit, and in the groin until EMS arrives so that the blood running through these major vessels can cool down • Take temperature and continue cooling until temperature drops to 101°F • Do NOT give fluids to drink • If vomiting, turn victim on their side to keep airway open • If uncontrolled muscle twitching, protect from injury

Call 9-1-1 when

- There is decreased alertness, increased confusion, or loss of consciousness
- He / she has signs of HEAT STROKE
- Body temperature >101°F with red, hot, dry skin and no sweating