

Heat Exhaustion

Note If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

- Look for**
- Moist, cool, pale skin
 - Normal/moderately elevated (102°F or 38.9°C) temperature
 - Fainting
 - Increased sweating
 - Confusion

- Listen for** *statements about*
- Dizziness
 - Headache
 - Severe thirst
 - Nausea
 - Painful cramps following strenuous exercise

- Action**
1. Protect student from continued exposure to heat. Move student to shaded or indoor location.
 2. Have student lie down with feet elevated 6 to 12 inches.
 3. Loosen/remove clothing as possible.
 4. Apply cool water or cool, wet compresses to head and upper body.
 5. If student is awake, alert, and able to swallow, assist student in taking cool fluids (preferably using commercial sport drinks), or $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt dissolved in 1 cup cool juice, water, or regular soda pop.

