

# Heat Stroke

## 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

- ☎ Unresponsive
- ☎ Hot, red, dry (or moist) skin
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Rapid heartbeat (if trained to assess pulse)
- ☎ Rapid breathing
- ☎ Absent sweating
- ☎ High body temperature (104°F/40°C or higher)
- Vomiting

## Listen for *Signs of*

- ☎ Confusion, agitation/lethargy, stupor

### **And statements about:**

- Activity (generally strenuous) outdoors in hot, humid weather
- Severe, throbbing headache

## Action

1. Protect from continued exposure to heat. Move quickly to shady or indoor location but **do not** delay care.
2. Begin immediate cooling with resources available such as spraying or pouring water on the student and fanning him.
3. Apply ice packs to the neck, groin, and armpits if possible. Cover the student with a wet sheet.
  - The best method, when possible, is to immerse the student in cool water up to his or her neck.
  - Provide continuous cooling until EMS arrives.

