

Monterey County EMS System Policy



Protocol Number: E-3
Effective Date: January 1, 2012
Review Date: June 30, 2016

Heat Emergencies

BLS CARE

Routine medical care.

Rapid cooling is indicated for patients with symptoms indicative of heat stroke. Cooling measures should include removing patient clothing/coverings. Evaporative cooling by wetting the patient's skin and using fanning to move air around the patient is most effective. Cold packs to the axilla and groin may also assist with cooling.

Do not stimulate shivering.

Cooling measures as indicated for patients with symptoms indicative of heat exhaustion. These patients are most likely to be active, healthy individuals in need of hydration due to increased exertion and fluid loss from perspiration.

P.O. fluids may be given to patients with suspected heat exhaustion or heat cramps only if the patient has a gag reflex and is not altered in mentation. Give small sips of water or electrolyte solutions only. Hold if the patient develops nausea.

ALS CARE

Routine medical care.

Continue cooling measures.