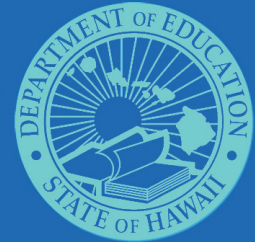


FACTSHEET

Heat guidelines



Please use these guidelines provided by the Hawaii State Department of Education and Hawaii State Department of Health in identifying and addressing heat-related illness.

ILLNESS	DESCRIPTION	SIGNS/SYMPTOMS	FIRST AID / WHAT TO DO
Early Heat Stress	Occurs during prolonged exposure to high ambient temperatures and humidity, direct sun, and without sufficient rest and fluids. When children feel thirsty, they may already be dehydrated. A child may lose greater than 2% of their body weight as sweat before they feel thirsty.	<ul style="list-style-type: none"> • Tired • Headache • Confusion/anxiety • Normal body temperature • Sweating, may be excessive • Nosebleeds • Dry lips, tongue • Nausea • Heat rash 	<ul style="list-style-type: none"> • Monitor and assist as necessary. • Send to a cooler location. • Have them sit or lie down and rest, keep calm. • Encourage drinking generous amounts of water. • Loosen or remove excess clothing. • Apply cool compresses, or cool water. <p><i>Monitor for cessation of sweating:</i></p> <ul style="list-style-type: none"> • If symptoms persist, escort student to health room. • School health aide (SHA) will monitor temperature and notify parent or guardian in accordance with the SHA manual.
Heat Cramps	Occurs during or after intense exercise. Athlete will experience acute, painful, involuntary muscle contractions typically in the arms, legs, or abdomen.	<ul style="list-style-type: none"> • Muscle cramps along with the symptoms listed above <p><i>May include:</i></p> <ul style="list-style-type: none"> • Thirst • Dehydration • Fatigue • Sweating 	<ul style="list-style-type: none"> • Stop all activity and sit quietly in a cool place. • Drink water or a sports drink. • Do not engage in exercise/strenuous activity for a few hours after cramps subside. • Muscle massage may assist the cramping muscles. • If symptoms persist, escort student to health room.
Heat Syncope	Occurs as result of exposure to high temperatures. Typically occurs during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	<p>Any of the above, AND</p> <ul style="list-style-type: none"> • Dizziness • Lightheadedness • Fainting <p><i>May include:</i></p> <ul style="list-style-type: none"> • Pale or sweaty skin • Decreased pulse rate 	<ul style="list-style-type: none"> • Lie down in a cool place. • Drink sips of water or a sports drink. • If symptoms persist, escort student to health room. • Seek medical attention if symptoms persist or are severe, or if the student has existing heart problems or high blood pressure.
Heat Exhaustion	The inability to continue exercising that is associated with heavy sweating, dehydration, and salt loss. Frequently occurs in hot, humid conditions.	<p>Any of the above, AND</p> <ul style="list-style-type: none"> • Inability to continue exercising • Profuse sweating <p><i>May include:</i></p> <ul style="list-style-type: none"> • Normal or elevated body-temp (97°-104°F) • Weak pulse • Nausea/Vomiting/Diarrhea • Chills, cool/clammy skin 	<ul style="list-style-type: none"> • If possible, attempt to cool the student by applying cool wet compresses or shower/bath/sponge bath. • If possible, use fan and/or move to an air conditioned or cooler environment. • Loosen clothing, allow student to rest. • Give sips of water or a sports drink. • If symptoms persist, escort student to health room • Monitor student closely, if rapid response does not occur, call 911.
Heat Exhaustion	Medical Emergency: Life-threatening unless promptly recognized and treated. Occurs as a result of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body shutting down when it is no longer able to regulate body temperature naturally.	<p>Same symptoms as heat exhaustion, AND</p> <ul style="list-style-type: none"> • High body-temp (>104°F) • Altered mental state • Mood swing (apathy, irrational) • Severe headache • Confusion • Unconsciousness possible • Shallow breathing • Increased pulse rate • Pulse may be faint • Hot and wet or dry skin 	<ul style="list-style-type: none"> • Summon emergency medical assistance or get the victim to a hospital immediately • Delay can be fatal. CALL 911. • Move the victim to a shady area. • If possible cool the student rapidly using whatever is available: use iced cloths or cool water, spray the student with cool water from the hose, sponge the student with cool water; fan the student. Continue to until temperature drops to 101-102°F. • CPR may be necessary. • Continue first aid until medical professionals arrive and take over.

Adapted from American Academy of Pediatrics (2011). Policy Statement—Climatic Heat Stress and Exercising Children and Adolescents. Pediatrics. 128 (3) 741-7. National Federation of State High School Associations. April 2012; "Heat Acclimatization and Heat Illness Prevention Position Statement. National Collegiate Athletic Association (NCAA); Guideline 2c," "Prevention of Heat Illness," Revised June 2010.