**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**HEAT INJURIES**

Authorized non-health staff may manage heat cramps, heat exhaustion, and heat stroke, which are progressive forms of hyperthermia, as follows:

# Heat Cramps (painful muscle cramps especially in legs)

1. Supportive treatment includes moving to cool environment and rest from exercise.
2. Gentle massage of cramping muscles.
3. Oral replacement of water and electrolytes with an electrolyte-based sports drink such as Gatorade, Powerade, or equivalent.
4. Refer to health and wellness center for follow up and education.

**Heat Exhaustion (core body temperature greater than 100οF but less than 104οF with complaints of fatigue, anxiety, feeling faint, weakness, muscle cramps, pale and moist skin, headache, anorexia, diarrhea, nausea, and/or vomiting)**

1. Removal to cool environment and rest from exercise.
2. Remove clothing and apply cold packs, wet sheets, or wet cold towels to neck, head, abdomen, and inner thighs.
3. Use a fan or fanning motion to circulate air over the patient.
4. Oral replacement of water and electrolytes with an electrolyte-based sports drink such as Gatorade, Powerade, or equivalent is **urgent**.

**Heat Stroke (core body temperature 104οF or above with tachycardia, hypotension, warm and dry skin, nausea, vomiting, headache and fatigue, and mental changes – often incoherent and combative)**

1. Remove from source of heat and call 911 to transport for emergency care.
2. Remove clothing and apply cold packs, wet sheets, or wet cold towels to neck, head, abdomen, and inner thighs.
3. Use a fan or fanning motion to circulate air over the patient.
4. Maintain airway and be alert for vomiting to prevent aspiration.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* For all students with Heat Exhaustion or Heat Stroke