

COUNTY OF SAN DIEGO EMERGENCY MEDICAL SERVICES
 POLICY / PROCEDURE / PROTOCOL

Number S-130
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SUBJECT: TREATMENT PROTOCOL
 ENVIRONMENTAL EXPOSURE

Date 07/01/2021

BLS

ALS

<ul style="list-style-type: none"> • Ensure patent airway • O₂ saturation PRN • O₂ and/or ventilate PRN • Remove excess/wet clothing • Obtain baseline temperature <p>Heat exhaustion</p> <ul style="list-style-type: none"> • Cool gradually • Fan and sponge with tepid water • Avoid shivering • If conscious, give small amounts of fluids <p>Heat stroke</p> <ul style="list-style-type: none"> • Rapid cooling • Spray with cool water and fan • Avoid shivering • Apply ice packs to carotid, inguinal, and axillary regions <p>Cold exposure</p> <ul style="list-style-type: none"> • Gentle warming • Apply blankets, warm packs, and dry dressings • Avoid unnecessary movement or rubbing • If alert, give warm liquids. If altered LOC, NPO. • Prolonged CPR may be indicated <p>Drowning</p> <ul style="list-style-type: none"> • CPR, if cardiac arrest. Emphasize ventilations. • High-flow O₂ if spontaneous respirations • Remove wet clothing • Spinal motion restriction PRN 	<ul style="list-style-type: none"> • Monitor/EKG • IV/IO SO • Capnography SO PRN <p>Cardiac arrest with hypothermia</p> <ul style="list-style-type: none"> • CPR • Persistent VF/VT, defibrillate per CPR / Arrhythmias Protocol (S-127)* • Epinephrine 1:10,000 1 mg IV/IO x1 SO[†] • Rewarm <p>Heat exhaustion/heat stroke</p> <ul style="list-style-type: none"> • 500 mL fluid bolus IV/IO SO, if no rales MR x1 SO <p>Drowning with respiratory distress</p> <ul style="list-style-type: none"> • CPAP at 5-10 cmH₂O SO for respiratory distress
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*Defibrillation attempts may be unsuccessful during rewarming until temperature ≥86 °F / ≥30 °C

†Limit epinephrine to 1 dose and withhold antiarrhythmic medications until temperature ≥86 °F / ≥30 °C