

 <b>County of San Diego</b> <b>EMS</b> A Division of San Diego County Fire	TREATMENT PROTOCOL		<b>S-130</b>
	<b>ENVIRONMENTAL EXPOSURE</b>		
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## BLS

## ALS

<ul style="list-style-type: none"> <li>• Ensure patent airway</li> <li>• O<sub>2</sub> saturation PRN</li> <li>• O<sub>2</sub> and/or ventilate PRN</li> <li>• Remove excess/wet clothing</li> <li>• Obtain baseline temperature</li> </ul> <p><b>Heat exhaustion</b></p> <ul style="list-style-type: none"> <li>• Cool gradually</li> <li>• Fan and sponge with tepid water</li> <li>• Avoid shivering</li> <li>• If conscious, give small amounts of fluids</li> </ul> <p><b>Heat stroke</b></p> <ul style="list-style-type: none"> <li>• Rapid cooling</li> <li>• Spray with cool water and fan</li> <li>• Avoid shivering</li> <li>• Apply ice packs to carotid, inguinal, and axillary regions</li> </ul> <p><b>Cold exposure</b></p> <ul style="list-style-type: none"> <li>• Gentle warming</li> <li>• Apply blankets, warm packs, and dry dressings</li> <li>• Avoid unnecessary movement or rubbing</li> <li>• If alert, give warm liquids. If altered LOC, NPO.</li> <li>• Prolonged CPR may be indicated</li> </ul> <p><b>Drowning</b></p> <ul style="list-style-type: none"> <li>• CPR, if cardiac arrest. Emphasize ventilations.</li> <li>• High-flow O<sub>2</sub> if spontaneous respirations</li> <li>• Remove wet clothing</li> <li>• Spinal motion restriction PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor/EKG</li> <li>• IV/IO SO</li> <li>• Capnography SO PRN</li> </ul> <p><b>Cardiac arrest with hypothermia</b></p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• Persistent VF/VT, defibrillate per CPR / Arrhythmias Protocol (S-127)*</li> <li>• Epinephrine 1:10,000 1 mg IV/IO x1 SO<sup>†</sup></li> <li>• Rewarm</li> </ul> <p><b>Heat exhaustion/heat stroke</b></p> <ul style="list-style-type: none"> <li>• 500 mL fluid bolus IV/IO SO, if no rales MR x1 SO</li> </ul> <p><b>Drowning with respiratory distress</b></p> <ul style="list-style-type: none"> <li>• CPAP at 5-10 cmH<sub>2</sub>O SO for respiratory distress</li> </ul>
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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