<table>
<thead>
<tr>
<th><strong>BLS</strong></th>
<th><strong>ALS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ensure patent airway</td>
<td>• Monitor/EKG</td>
</tr>
<tr>
<td>• O₂ saturation PRN</td>
<td>• IV/IO SO</td>
</tr>
<tr>
<td>• O₂ and/or ventilate PRN</td>
<td>• Capnography SO PRN</td>
</tr>
<tr>
<td>• Remove excess/wet clothing</td>
<td>*Defibrillation attempts may be unsuccessful during rewarming until temperature ≥86 °F / ≥30 °C</td>
</tr>
<tr>
<td>• Obtain baseline temperature</td>
<td>†Limit epinephrine to 1 dose and withhold antiarrhythmic medications until temperature ≥86 °F / ≥30 °C</td>
</tr>
</tbody>
</table>

**Heat exhaustion**
- Cool gradually
- Fan and sponge with tepid water
- Avoid shivering
- If conscious, give small amounts of fluids

**Heat stroke**
- Rapid cooling
- Spray with cool water and fan
- Avoid shivering
- Apply ice packs to carotid, inguinal, and axillary regions

**Cold exposure**
- 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

**Drowning**
- CPR, if cardiac arrest. Emphasize ventilations.
- High-flow O₂ if spontaneous respirations
- Remove wet clothing
- Spinal motion restriction PRN

**Cardiac arrest with hypothermia**
- CPR
- Persistent VF/VT, defibrillate per S-163*
- Epinephrine per drug chart IV/IO x1 SO†
- Rewarm

**Heat exhaustion/heat stroke**
- Fluid bolus IV/IO SO per drug chart, if no rales MR x1 SO