### BLS
- Ensure patent airway
- \( O_2 \) Saturation prn
- \( O_2 \) and/or ventilate prn
- Remove excess/wet clothing
- Obtain baseline temperature

### Heat Exhaustion:
- Cool gradually
- Fanning, sponging with tepid water
- Avoid shivering
- If conscious, give small amounts of fluids

### Heat Stroke:
- Rapid cooling
- Spray with cool water, fan. Avoid shivering.
- Ice packs to carotid, inguinal and axillary regions

### Cold Exposure:
- Gentle warming
- Blankets, warm packs
- Dry dressings
- Avoid unnecessary movement or rubbing
- If alert, give warm liquids
- If severe, NPO
- Prolonged CPR may be indicated

### Near Drowning:
- Spinal motion restriction when indicated

### ALS
- Monitor EKG
- IV/IO SQ adjust prn

### Severe Hypothermia with Cardiac Arrest:
- Hold medications
- Continue CPR
- If defibrillation needed, limit to 1 shock maximum.

### Suspected Heat Exhaustion/Heat Stroke:
- 500 ml fluid bolus IV/IO SQ, without rales
- MR x1 SQ

### Near Drowning:
- CPAP at 5-10 cm H\(_2\)O SQ for respiratory distress