



SAFETY PIN-UP HEAT ILLNESS PREVENTION Guidelines for Teachers & Students

Things you should know about playing in the heat.....

If your student is coming back to school from an illness or an extended break or are new to the desert heat, it is important to be aware the student is more vulnerable to heat stress until their body has time to adjust. It takes about 5-7 days for your body to adjust

Drinking plenty of water frequently is vital when exposed to the heat. An individual may produce as much as 2-3 gallons of sweat per day. In order to replenish that fluid, all students should be allowed to carry water bottles and have easy access to cool drinking water.

Keep your students hydrated! However, discourage students from “energy drinks.”

High-intensity exercise outside should be avoided during periods of high heat. This includes recess, lunch periods, and physical education classes.

Having a cool shaded area outside or an open supervised classroom, library or MPR, during high heat are effective ways to avoid heat illness. The use of misters, when available, lowers the outside temperature.

If your student has any symptoms such as nausea, dizziness, weakness or unusual fatigue, send to the health tech or front office. If symptoms persist or worsen, the school should seek medical attention.

Students should be encouraged to wear lightweight clothing to facilitate evaporation of perspiration. The use of hats and sunglasses should be allowed during outside play.

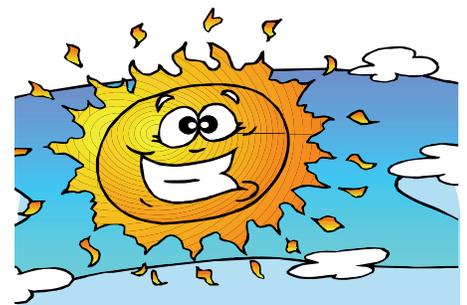
Students should be allowed to apply their own sunscreen that has been provided by the parent/guardian.

Students known to be at greater risk of heat stress should be monitored and restricted from prolonged exposure to outside activities during high heat periods.

The responsibility for the implementation of these guidelines specific to students, rest with the principal or designee at each site. This includes activity limitations.

Students participating in athletics are managed using California Interscholastic Federation (CIF) guidelines in relation to Heat Illness Prevention. http://www.cifstate.org/sports-medicine/heat_illness/index

The CDE also offers a web-based course, please visit the CDC web site at: http://www.cdc.gov/nceh/hsb/extreme/Heat_Illness/index.html



WHAT TO LOOK FOR: HEAT EXHAUSTION AND HEAT-STROKE

Causes:

Occurs when the body no longer can dissipate heat adequately

Dehydration

Over exercise

Extreme environmental conditions

HEAT EXHAUSTION

Symptoms

Weak/exhausted

Paleness cool/moist skin

Dizziness

Nausea

Vomiting

Fainting

Temperature (100 to 102° F)

Treatment

Rest

Water/Gatorade at 50%

Ice packs

Cool environment

Vomiting indicates severe exhaustion and IV fluids are required. Call 9-1-1 if the person vomits.

HEATSTROKE

Symptoms

Warm

Flushed skin

Do not sweat even after brisk exercise

Temperature (103 °F and up)

Delirious, unconscious, or having seizures

Treatment

Call 9-1-1

Do anything you can to reduce the temperature - Ice packs, water buckets

