

## Heat Related Illness Information

As the days of increased temperature persist, it is important for school staff and parents to be aware of guidelines regarding students and heat intolerance. Familiarity with this information, as well as careful monitoring of students for any signs of early heat intolerance, will facilitate the prevention of heat-related illnesses. The following information addresses heat exposure and the management of outside activities. Please contact the school nurse to discuss any concerns regarding specific students so that we can ensure that the needs of all students are safely addressed during periods of excessive heat (influenced by both temperature and humidity).

### General Information and Guidelines:

1. Students should have easy access to water and be reminded to maintain adequate levels of hydration.
2. Students should have access to shade and/or the inside of a building when needed.
3. Alternative outside activities such as walking instead of running should be encouraged. High-intensity exercise should be avoided during periods of excessive heat.
4. Students will be allowed to carry and apply sunscreen, which has been provided by the parent/guardian.
5. Lightweight clothing, limited to one layer, will facilitate evaporation of sweat and exposure of as much skin as possible. Students in heavier and darker colored clothing will be more at risk for heat intolerance.
6. Students new to the environment should be allowed time for conditioning for heat (acclimatization), as intense and prolonged exercise undertaken before acclimatization might be detrimental to health. The process of acclimatization is slower in children than in adults.
7. Children have less tolerance to the heat than adults do. This effect is magnified for all *children in wheelchairs* and/or students who are wearing body appliances. These students should be protected from prolonged *exposure* to the direct sunlight - even in milder temperatures.
8. Students with health conditions known to have a potentially greater risk of heat stress should be monitored more closely at home and school and restricted from prolonged exposure to outside activities during periods of intense summer heat. These students include students with seizure disorders, cystic fibrosis, renal failure, asthma, chronic heart failure, caloric malnutrition, anorexia nervosa, obesity, febrile state, gastrointestinal infection, diabetes insipidus, diabetes mellitus, mental deficiency, and known heat intolerance.
9. Students exhibiting any of the signs of heat exhaustion (skin cool and clammy, profuse sweating, temperature slightly elevated or subnormal) or heatstroke (skin red, hot and dry; no sweating; temperature very high) should be removed from the heat **immediately** and screened by medical personnel. Heatstroke is an emergency, and medical attention should be obtained at once.