

# Hot Weather Guidance for School Sites

## Access to Water

- ◆ Access to sufficient amounts of drinking water is critical
- ◆ Ensure children are well hydrated. Plain water is the liquid of choice, diluted fruit juice is okay.
- ◆ Anticipate & plan for increased restroom breaks
- ◆ Discourage the consumption of sweetened & caffeinated beverages such as soda
- ◆ Don't wait until you are thirsty!



## Outdoor Activity

- ◆ Take frequent breaks in shaded or air conditioned areas
- ◆ Have areas of shade available at all times
  - ◆ School buildings
  - ◆ Canopies, umbrellas or other temporary structures
- ◆ You should not wait until you feel sick to take a break

- ◆ Establish a policy and plan to deal with extreme temperatures.
- ◆ Limit time outdoors when temperatures are most intense, between 11 a.m. and 4 p.m.
- ◆ Monitor daily heat advisories: [National Weather Service 7-Day Forecast for San Diego County](#)
- ◆ When outdoors, wear a wide brimmed hat & loose-fitting clothes.
- ◆ Monitor children in wheelchairs and check the temperature of metal and vinyl parts.
- ◆ Check the temperature of metal and plastic playground equipment.
- ◆ Staff should be aware of signs and symptoms of heat cramps, heat exhaustion, and heat stroke.
- ◆ Staff should role model appropriate heat and sun safety behaviors.

## Heat Related Illnesses

**Heat cramps:** Cramps of heavily exercised muscle, most often the calves, occur after exercising and profuse sweating. Treat with cool environment, intake of fluids that have sodium (pedialyte) and transfer to a physician's care.

**Heat exhaustion-** Pale, clammy skin and thirst occurs with heat exhaustion. There may be a slight fever. But if body temperature is 102°F (39°C) or higher or if there is any impairment in mental function, heat stroke should be strongly suspected.

**Heat stroke** – Hot dry skin. Irritability, ataxia (balance problems), or confusion are hallmark signs of heat stroke, versus heat exhaustion. Vital signs show: fast heart rate, low to normal blood pressure, and panting like a dog. Temperature is usually >102 F, but exceed 107 F. Dangers are organ system dysfunction and failure. Major complications of this disease are: seizures, adult respiratory distress syndrome, acute renal failure, liver failure, and disseminated intravenous coagulation.

**Treatment:** Remove person from hot environment immediately (to air conditioned room, or at least a shady spot), arrange for immediate transportation to emergency facility, loosen or remove clothing, cool patient by Spraying with water and fanning, place ice packs over neck, and in groin and arm pits, place a wet sheet over patient. If no signs of heat stroke (person has a normal mental state and can tolerate it), then give oral hydration (Pedialyte, 1% salt-water solution, or water. Nothing with caffeine).

Contact the Safety Office (858) 627-7174 or Nursing & Wellness (619) 725-5501 for additional information