iii. Continually misting the exposed skin with tepid water while fanning the victim
iv. Truncal ice packs may be used, but are less effective than evaporation
v. DO NOT apply wet cloths or wet clothing, as they may trap heat and prevent evaporative cooling

c. If shivering occurs during cooling and prevents effective cooling, benzodiazepines may be considered:
   i. **Adult**:
      1. Midazolam
         a. 2.5 mg IV/IN, may repeat once in 5 minutes
            OR
         b. 5 mg IM may repeat once in 10 minutes
      2. Lorazepam
         a. 1 mg IV, may repeat once in 5 minutes
            OR
         b. 2 mg IM, may repeat once in 10 minutes
         c. Diazepam – 2 mg IV, may repeat once in 5 minutes
   ii. **Pediatric**:
      1. Midazolam (single maximum dose 1 mg)
         a. 0.5 mg/kg IV, maximum single dose 2 mg, may repeat once in 10 minutes
            OR
         b. 0.2 mg/kg IN/IM, maximum single dose 10 mg
         c. ***NOTE:*** a 5 mg/mL concentration is recommended for IN/IM administration
      2. Lorazepam (single maximum dose 1 mg)
         a. 0.1 mg/kg IV/IM
      3. Diazepam
         a. 0.1 mg/kg IV (maximum single dose 2.5 mg)
         b. May repeat once, for maximum total IV/IM dose 5 mg
            OR
         c. 0.5 mg/kg PR (maximum single dose 10 mg)
         d. May repeat once for maximum total PR dose 20 mg

8. Cooling efforts should continue until the patient's temperature is less than 102.2°F (39°C) or, if continuous temperature monitoring is not available, until the patient demonstrates improvement in mental status
9. Establish IV access for patients suffering from heat stroke — give cool fluids at 20 mL/kg boluses and reduce to 10 mL/kg/hr boluses when vitals are stable
10. Monitor for arrhythmia and cardiovascular collapse [See Cardiovascular Section]
11. Treat seizures, per the Seizures Guideline
12. All patients suffering from life threatening heat illness (including heat stroke) should be transported to the hospital

Patient Safety Considerations

Consider use of physical securing devices [See Agitated or Violent Patient/Behavioral Emergency Guideline] to protect vascular access sites.