

Heat Cramps	Immediate Attention Needed	Painful muscle spasms(legs/abdomen) Heavy sweating	Sips of water Move to AC area Contact school nurse if symptoms persist or vomiting occurs
Heat Exhaustion	Urgent	Heavy sweating Weakness Dizziness Fainting Headache Nausea/Vomiting Racing heart	Contact school nurse immediately Move to AC area Apply cool wet cloths Sips of water
Heat Stroke	Emergency LIFE THREATENING	Confusion Agitation Altered level of consciousness Racing heart Hot, dry skin High body temperature	Contact school nurse immediately Nurse/administrator will call 911 Move to AC area Offer cool water if conscious Remove clothing Cool water sponge bath Use fans

Heat Illness Prevention Guidelines for Outdoor Activities

La Porte ISD is mindful of the frequent Heat Advisories issued for our area. In an effort to prevent heat related illness, La Porte ISD has adopted the following guidelines for outdoor activities involving elementary aged students.

- **Heat Index of 90 degrees or less:** Normal recess will be held
- **Heat Index of 91 to 94:** Outdoor recesses will be strictly limited to 20 minutes. Students will receive water before and after recess. Staff will observe them closely for signs of heat illness.
- **Heat Index of 95 to 100degrees:** Any outdoor recess should be conducted in a shaded area and limited to 15 minutes. Students will receive water before and after recess. Staff will observe them closely for signs of heat illness.
- **Heat Index Great than 100:** Indoor recess will be held.