



# County of Santa Cruz

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## HEALTH SERVICES AGENCY

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EMERGENCY MEDICAL  
SERVICES PROGRAM

Protocol No. E2  
Reviewed 01/07

### Emergency Medical Services Program

Approved

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Medical Director

Subject: COLD EXPOSURE/HYPOTHERMIA

**I. BLS Treatment Protocol:**

- A. Treat life threats. (See Policy 4000)
- B. Implement warming measures but avoid aggressive external rewarming for pulseless patients.
- C. Prepare for transport / transfer of care.

**II. ALS Treatment Protocol: (Moderate Hypothermia\* to Severe Hypothermia\*\*)**

- A. Treat life threats. (See Policy 4000)
- B. Continue warming measures.
- C. Transport.
- D. Contact Base Station.

**Notes:**

**If patient is pulseless, consider a single countershock at 360J and a single round of drugs. Do not repeat.**

**\*Moderate Hypothermia-** No shivering, decreased LOC, atrial fibrillation, bradycardia, hypoventilation, dilated pupils, bright pink to pale skin, ventricular fibrillation susceptibility.

**\*\*Severe Hypothermia:** Muscle tone resembling rigor mortis, apneic, comatose, ventricular fibrillation or asystole, dilated and fixed pupils, skin is edematous and face is swollen.

**Avoid rough movement and excess activity. Stimulation of the patient could significantly cause deterioration of vital signs.**