

General Provider Communication

Maricopa County Regional Behavioral Health Authority
Magellan Health Services of Arizona, Inc.

Dear Provider,

Magellan of Arizona would like to share with you some important information we recently received from the Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS) regarding heat-related illnesses.

ADHS/DBHS and Magellan of Arizona would like to remind all case managers, outreach teams and other community outreach providers serving Maricopa County's homeless and shut-in populations the importance of the following:

Your body keeps itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness.

Anyone can be susceptible to heat-related illness. Those at greatest risk are children under four, adults over 65, people who are overweight, people who are ill, people who work outside, people on certain medications, and people who are shut-in or those who are homeless. Heat-related illness may be serious or even deadly if unattended.

Please help our most vulnerable populations stay healthy during the summer by having your outreach staff assist recipients in protecting themselves from the heat by ensuring the recipient is:

- **Drinking water:** Did you know that even people who stay mostly indoors all day should drink at least two liters of water per day. In addition, people who spend time outdoors should drink one to two liters per hour that they are outdoors. Furthermore, people who do strenuous activity outdoors should be very careful- as their body can lose up to four liters of water per hour during strenuous activity. When you meet with a recipient, please ensure the recipient carries water with him/her and knows to drink water even if he/she does not feel thirsty.
- **Dressing for the heat:** Please ensure the recipient wears lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella and always apply sunscreen to exposed skin.
- **Eating small meals and eat more often:** Avoiding foods that are high in protein can increase metabolic heat.

For additional resources, please click [HERE](#) to access Magellan of Arizona's 2009

Heat Plan. You may also refer to the Magellan of Arizona Web site at www.MagellanofAZ.com (Programs and Services tab, Heat Plan) for more information.

Thank you for continued commitment to those we serve.

If you have questions about this communication, please contact your provider relations liaison.

