



SUMMER HEAT INITIATIVES

Residential and Provider Services



Preparing for the Summer Heat

- Types of Heat Related Illness

- **Heat Stroke**

Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105° F.

- **Heat Exhaustion**

Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.



Preparing for the Summer Heat

- Early Warnings (Serious: Cool Down & Re-hydrate Immediately)
 - Headache
 - Flushed, sweaty face (often followed by cool, clammy, pale or ashen skin)
 - Leg or stomach cramps (sometimes back, arms, etc.)
 - Nausea
 - Dizziness or weakness
 - Exhaustion
 - Small amounts of dark yellow urine

Preparing for the Summer Heat

- Later Stages (Life-Threatening: Call 9-1-1 & Treat for Shock)
 - Throbbing headache
 - Red, hot, dry skin (no longer able to sweat)
 - Body tem climbs quickly
 - Changed mental state
 - Vomiting
 - Sever cramps
 - Rapid weak pulse
 - Rapid shallow breathing (panting)

Preparing for the Summer Heat

- High Risk People
 - People over 65 years of age
 - Obese people
 - People who drink too much alcohol
 - People that overexert during exercise
 - **PEOPLE ON MEDICATIONS**
 - Homeless
 - Migrants



Preparing for the Summer Heat

- Prevention Tips
 - Drink plenty of water
 - Wear appropriate clothing and sunscreen
 - Pace yourself
 - Stay cool indoors
 - Schedule outdoor activities carefully
 - **MONITOR THOSE AT HIGH RISK**

ADHS/DBHS Heat Related Notices

- Tied to National Weather Service Advisories and Warnings
- <http://www.weather.noaa.gov/psr/>
 - Heat Advisory
 - Excessive Heat Watch
 - Excessive Heat Warning

Response to Heat Related Notices

- Heat Advisories
 - Receive notice from ADHS/DBHS that a heat advisory bulletin has been issued

Response to Heat Related Notices

- Excessive Heat Watch
 - Increase outreach efforts and contact outreach teams as applicable
 - Increase surveillance efforts pertaining to heat-related deaths and injuries
 - Document all actions taken regarding outreach and contact (e.g., checking thermostats during home visits, etc.)
 - Post and distribute heat warnings and guidance materials at all clinics and service provider locations (ADHS/DBHS brochures), create site specific fliers for recipients as needed

Response to Heat Related Notices

- Excessive Heat Warnings
 - Initiate outreach efforts and utilize available clinic staff to assist with communication and welfare checks for at-risk recipients who may be at risk of severe health impacts due to extreme heat
 - Work with local providers to advise area hospitals of the excessive heat warning and urge them to consider the extreme weather conditions when discharging recipients
 - Document all actions taken regarding outreach and contact (e.g. checking thermostats during home visits, etc.)

Other Agencies Summer Heat Plans

■ Maricopa County Initiatives

- Phone Bank (if necessary)
- Public Information Office
 - Coordinate efforts with ADHS
 - Advise area hospitals
 - Street outreach – Health Care for the Homeless
- Human Services
 - Well Checks
- Department of Transportation
 - Canopies
 - Water
- Facilities Management
 - Parking garages
 - Surface lots
- Security at hydration stations
- Sheriffs Office
 - Tents
 - Ice
- Animal Care Control
 - Pets
- Overall
 - Handouts/outreach
 - Procure three hydration stations
 - Store bottled water
- Watkins Low Demand Shelter
 - 300 Homeless men
 - 70 Homeless women & children

Other Agencies Summer Heat Plans

- City of Phoenix Initiatives

- Community Partnerships

- Human Services Campus
 - Day respites and shelter beds
 - Phoenix Rescue Mission
 - Day respite
 - Meals
 - Shelter
 - United Methodist Outreach Ministries (UMOM)
 - Day/Night shelter for women and children
 - City staff to coordinate /distribute supplies to Homeless Outreach Teams and Shelters

- Faith-Based Partnerships

- City staff trained 26 faith-based organizations throughout the metropolitan area to volunteer in heat assistance in three areas:
 - Hydration Efforts – collect, store and distribute bottled water
 - Respite Efforts – provide or staff cool, safe place for people
 - Wellness Checks – ensuring elderly/disabled are properly using home cooling systems

Other Agencies Summer Heat Plans

- City of Phoenix Initiatives (cont.)
 - PACE
 - Case Management for elderly
 - Meals on Wheels
 - Well checks for people in program
 - Maintenance Workers
 - Assisting elderly/disabled with cooling systems
 - Human Service Centers – open from 8 am – 5 pm to provide a cool place
 - Sunnyslope – 914 West Hatcher Avenue – Phoenix
 - Travis L. Williams – 4732 South Central Avenue – Phoenix
 - John F. Long 3454 North 51st Avenue – Phoenix
 - Central Phoenix – 1250 South 7th Street – Phoenix

- Central Arizona Shelter Services (CASS)
 - Overnight 300 men



Magellan Proposed Summer Heat Initiatives



Here are a few suggestions on things we should do to keep our Recipients safe: durn summer-time in AZ:

- ◇ Extending Clinic Hours
- ◇ Water
- ◇ Respite
- ◇ Wellness Checks
- ◇ Communication to Providers when ADHS/DBHS notifies the RBHA of Heat Advisory/Watch/Warning days.