



CDSS

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PIN 18-08-CCLD

TO: ALL COMMUNITY CARE LICENSED PROVIDERS

FROM: *Original signed by Pamela Dickfoss*
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Deputy Director
Licensing Division

SUBJECT: **HEAT PREPAREDNESS**

Provider Information Notice (PIN) Summary

PIN 18-08-CCLD provides information to providers regarding heat related illness and heat preparedness.

The summer months in California often bring high temperatures and extreme heat. This can pose a substantial health risk, especially for vulnerable populations including young children, the elderly, those with chronic diseases or disabilities, pregnant women and people who are socially isolated. Providers must take precautions to ensure the health and safety of client/residents during the hot summer months.

Warning signs of heat-related illness may include heavy sweating, muscle cramps, weakness, headache and nausea. Vomiting, diarrhea, tiredness and dizziness can also be indications of heat-related illness.

Heat Preparedness Tips

The Centers for Disease Control and Prevention (CDC) offers the following [tips to stay safe during this period of excessive heat](#):

- Never leave infants, children, dependent adults, elderly or pets in a parked car. It can take as little as 10 minutes for the temperature inside a car to rise to levels that can kill.
- Drink plenty of water or juice, even if you are not thirsty. Avoid drinks with caffeine or alcohol.
- Stay in an air-conditioned place as much as possible. If you don't have air conditioning, visit a [cooling center](#) or a public place with air conditioning (such as a shopping mall or library) to cool off for a few hours each day.
- Try to limit outdoor activity to when it's coolest, like morning and evening hours. If you must be outside, rest often in shady areas so that your body has a chance to recover.
- Wear a wide-brimmed hat to cover the face and neck, wear lightweight and loose-fitting clothing to keep cool and to protect your skin from the sun.
- Monitor those on medications. Many medications increase the likelihood of dehydration.
- To prevent overheating, use cool compresses, misting, showers and baths. Get medical attention if you experience a rapid, strong pulse, you feel delirious or have a body temperature above 102 degrees.
- Check your local news for extreme heat alerts and safety tips.

Emergency Plan Updates and CCLD Assistance

CCLD reminds providers to review your facility's emergency plan. It should include:

- Up-to-date emergency telephone numbers
- Contingency plans in the event the facility's air-conditioning system goes out
- An evacuation plan in case residents/clients need to be moved to a motel or other "cooling centers." [Information on local cooling centers](#)
- Report any heat-related illnesses/deaths to the local licensing office
- Contact your local licensing office for help with evacuations or other assistance
 - [CCLD Child Care Regional Offices](#)
 - [CCLD Children's Residential Regional Offices](#)
 - [CCLD Adult and Senior Care Regional Offices](#)

Additional Resources

The following additional links are resources to assist providers in protecting clients and residents in care from heat-related health issues.

- California Department of Public Health, [Tips for Preventing Heat-Related Illness](#)
- Cal OES, Governor's Office of Emergency Services, [Summer Heat Resources](#)

If you have any questions regarding this notice, please contact your local regional office.