



EMPLOYMENT &
HUMAN SERVICES

MEMORANDUM

Kathy Gallagher, Director

40 Douglas Drive, Martinez, CA 94553 • (925) 608-5000 • Fax (925) 313-1575 • www.ehsd.org

To: All Staff, Code 2A

Date: September 25, 2020

From: Emily Arredondo, Emergency & Safety Coordinator

Subject: Excessive Temperatures - Heat Illness Prevention

As temperatures reach triple digits over the next several days, please take a few minutes to review the attached Heat Illness Prevention document. Re-familiarize yourself with the signs and symptoms associated with heat-related illness. Remember to listen to your body when it tells you to hydrate and rest. When possible, please remind your clients about heat-related illness.

The County's Wellness & Prevention site is: <https://cchealth.org/heat/> .

Heat and Your Health



Even short periods of high temperatures can cause serious health problems. Know the symptoms of heat disorders and overexposure to the sun and be ready to give first aid treatment.

Call **911** if you or someone near you is having a health emergency.

Cooling Tips to Survive Summer Heat

Don't wait to call your doctor or 9-1-1 if you experience any of these **WARNING SIGNS of heat related conditions, such as ***heat exhaustion or a heat stroke:*****

Headache	Nausea/Vomiting	Dim/Blurred Vision	Profuse Sweating	Exhaustion
Dizziness	Hot Dry Skin	Cold Damp Skin	Muscle Cramps	Fainting

Heat Strokes can be *life-threatening* and can come on quickly

TIPS TO PREVENT heat-related symptoms

- **Drink water:** Sip all day; don't wait until you are thirsty. Avoid alcohol, caffeinated beverages, sugary soft drinks and full-strength fruit juices.
- **Limit physical activity** and wear a hat outside, preferably with a wide brim.
- **Keep shades drawn and blinds closed**, but windows should be slightly open.
- **Open windows to cooling breezes in the evening**
- **Keep electric items** turned off, lights low and avoid using your oven or clothes dryer.
- **Do not just rely on fans;** if the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness.
- **Take baths, showers, or find a pool to swim in;** bathe in tepid water, use cool towels.
- **Wear loose-fitting cotton clothing** that is light-colored and lightweight.
- **Use a sunscreen of SPF 30 or higher** when outside
- **Eat light foods** high in water content: fruits, salads, and soups.
- **Don't wait in or leave infants, pets, elderly or disabled persons unattended in cars** or other vehicles for ***any*** length of time, even with windows cracked. Within minutes the temperature will become dangerously high and serious injury and/or death will result.
- **Bring pets indoors or ensure they have shady spots** to protect them all day.
- **Make sure pets have plenty of fresh water** that will stay cool all day
- **Develop a "buddy" system;** keep in contact with your family & friends at least twice a day
- **Talk to your doctor about medications;** you may need to alter medications or dosages, but under no circumstances should you change your medication on your own.
- **Use air conditioning & be prepared for power outages**

For further information, please call Information & Assistance at 1(800) 510-2020 (from within Contra Costa County, using a land line) or (925) 229-8434 (when using a cell phone or from outside Contra Costa County)