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Services Agency
**California Department of
Public Health**



EDMUND G. BROWN JR.
Governor

July 5, 2018

AFL 18-28

TO: All Health Care Facilities

SUBJECT: Level II Excessive Heat Warning

All Facilities Letter (AFL) Summary

- This AFL notifies health care facilities that the National Weather Service has issued Level II Excessive Heat Warnings for Southern California. These Heat Warning are in effect from 10:00 a.m., Friday, July 6, through 9:00 p.m., Saturday, July 7, 2018, with much of Southern California at high risk for widespread, continuous triple-digit temperatures.
- Facilities must implement recommended precautionary measures to keep individuals safe and comfortable during extremely hot temperatures and must have contingency plans in place to deal with the loss of air conditioning, or in the case when no air conditioning is available, take measures to ensure patients and residents are free of adverse conditions that may cause heat-related health complications.

During the Excessive Heat Warnings, much of Southern California will experience continuous triple-digit temperatures. The Excessive Heat Warning will be in effect from 10:00 a.m., Friday, July 6, until 9:00 p.m. on Saturday, July 7, 2018.

Long-term health care facilities are reminded that the elderly and other health-compromised individuals are more susceptible to extreme temperatures and dehydration. It is important that facility administrators monitor weather conditions for fluctuations in extreme temperatures and take extra precautions to ensure appropriate air conditioning equipment is well maintained and operating effectively.

Facilities must have contingency plans in place to deal with the loss of air conditioning. In the case when no air conditioning is available, facilities must take measures to ensure patients and residents are free of adverse conditions that may cause heat-related health complications. Portable fans and other temporary cooling devices should be used when indicated.

CDPH recommends implementing the following measures to keep residents and patients comfortable during extremely hot weather:

- Dress in lightweight, loose-fitting clothing.
- Ensure residents are well hydrated paying particular attention to dependent residents.
- Develop and implement a system to monitor hydration status and be prepared to take appropriate interventions.
- Keep a hydration station readily available to residents, family, and staff.
- Minimize physical activities during the hottest parts of the day.
- Stay indoors and out of the sun during the hottest parts of the day.
- Use fans as indicated in the attached “Fast Facts” sheet on preventing summer heat injuries.
- Open windows where feasible if screens are intact, to allow fresh air to circulate.
- Use cool compresses, misting, showers, and baths to promote cooling.
- Avoid hot foods and heavy meals.
- Encourage frozen treats such as popsicles between meals.

- Be alert to adverse changes in patient and resident conditions that may be heat related.
- Pay special attention to patients and residents with medications that make the patient susceptible to high temperatures, e.g., psychotropic medications.

Licensing regulations require all emergency/disaster-related occurrences that threaten the welfare, safety, or health of patients, be reported to the California Department of Public Health (CDPH), Licensing and Certification (L&C) Program. If extreme heat conditions impact your facility that compromise patient health and safety, and/or require an evacuation, transfer, or discharge of patients, you must contact your CDPH L&C District Office (DO).

Please follow these guidelines to contact CDPH:

Time	Requirements
During normal business hours (8:00 a.m. – 5:00 p.m.)	Contact the local CDPH L&C DO you customarily work with for your geographic location.
For after-hour reporting, or if the local CDPH L&C DO is non-operational due to an emergency/disaster	<ul style="list-style-type: none"> • For facilities outside Los Angeles County, notify the: State Office of Emergency Services Warning Center at (916) 845-8911. Ask that they notify the CDPH Duty Officer. • For facilities in Los Angeles County notify the: Los Angeles County Operator at (213) 974-1234. Ask that they notify the on-call Health Facilities Inspection Division Supervisor.

Links to the excessive heat warnings and advisories are available at:

- Excessive Heat Warning
- National Weather Service Alerts
- www.weather.gov

Sincerely,

Original signed by Scott Vivona

Scott Vivona
Assistant Deputy Director

Attachment: Fast Facts

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