

## Adult Foster Home Provider Alert

### Policy updates, rule clarifications and announcements

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**Date:** June 21st, 2021  
**To:** APD Adult Foster Home Providers  
**From:** Safety, Oversight and Quality Unit  
**Topic:** **Extreme Heat & Recognizing Heat Related Illness**

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Most areas of the state have experienced high temperatures recently. Heat related illnesses such as heat exhaustion or heat stroke can be life threatening to older adults, who are particularly vulnerable in extreme heat. It is important for each facility to review the policies and procedures it has already developed to ensure the necessary provision of care.

Under OAR 411-050-0715(6)(a) – (c):

- During times of extreme summer heat, the licensee must make reasonable effort to keep the residents comfortable using ventilation, fans, or air conditioning.
- Precautions must be taken to prevent resident exposure to stale, non-circulating air. If the licensee is unable to maintain a comfortable temperature for the residents during times of extreme summer heat, air conditioning or another cooling system may be required.
- If the facility is air-conditioned, the system must be functional, and the filters must be cleaned or changed as needed to ensure proper maintenance.

Helpful information can be found on Centers for Disease Control and Prevention website:

<http://www.cdc.gov/extremeheat/>

# Heat Exhaustion

OR

# Heat Stroke

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps

Throbbing headache

May lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot, dry skin

No sweating



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.

Call 911  
Take immediate action to help cool the person until help arrives