



# Oregon

Kate Brown, Governor

## Department of Human Services

*Safety, Oversight and Quality*

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### **NF-21-038 – Provider Alert**

Date: July 30, 2021

To: All Nursing Facilities  
All Assisted Living Facilities  
All Residential Care Facilities

From: Aging and People with Disabilities  
ODHS Safety, Oversight and Quality Unit (SOQ)

Subject: **Extreme Heat Advisory – Tips and Resources**

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During times of high heat and dry conditions, there is the potential for power outages or power being shut off to minimize fire risks and people may experience heat related illness. Should the extremely hot weather lead to power outages, Oregonian's may find themselves without air conditioning, refrigeration, and other needs that depend upon electricity.

ODHS is aware and ready to provide support during this time to assure the safety of residents in SOQ licensed facilities. Below are some reminders and resources available to during extreme heat.

#### **Tips for staying cool:**

- Keep blinds closed
- Close off unused parts of the home
- Do not keep any unnecessary electrical items plugged in
- Stay inside during hottest times
- Hydrate! Ensure liquids are plentiful and offered regularly to residents

#### **Please make sure you are prepared for potential power outages by checking the following:**

- Access to a backup generator
- Access to food that doesn't require cooking
- [Contact information for Local Public Health Authority \(LPHA\)](#)
- [Location of area cooling stations](#)
- Identify partner providers in other areas that can help or provide temporary sanctuary

- An evacuation plan that includes where you will relocate should the need arise

**Additional Resources:**

- 211 is an emergency hotline that acts a resource for connection to community services in your area. [211 list of Cooling Centers](#)
- [Local Public Health Authority contact information](#)
- [Tips for Preventing Heat-Related Illness](#)
- [OHA Preparedness information](#), including fact sheets in multiple languages
- [Local and tribal emergency managers](#)
- Refer to [OHA Resources for Crisis and Emergency Risk Communication](#)
- Know the warning signs of extreme heat exposure - [OHA Extreme Heat Fact Sheet](#)
- Centers for Disease Control and Prevention (CDC) regarding Extreme Heat can be found at:  
<https://www.cdc.gov/disasters/extremeheat/index.html>

Should you experience a power outage and need assistance, please contact your local public health authority.

If you have questions, please contact your licensing team:

Residential Care and Assisted Living Facilities:

[CBC.team@dhsosha.state.or.us](mailto:CBC.team@dhsosha.state.or.us)

Nursing Facilities: [NF.licensing@dhsosha.state.or.us](mailto:NF.licensing@dhsosha.state.or.us)

Oregon Department of Human Services website: [www.oregon.gov/DHS/](http://www.oregon.gov/DHS/)

# 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