



# Oregon

Kate Brown, Governor

## Oregon Department of Human Services

*Safety, Oversight and Quality*

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### **NF-22-035 – Provider Alert**

Date: June 24, 2022

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, Oregonians 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 during periods of extreme heat.

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

- Keep blinds closed
- Close off unused parts of the building
- Do not keep any unnecessary electrical items plugged in
- Stay inside during hottest times of day
- 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 \(LPHA\)](#)

- Be aware of [Information about local 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/)

The infographic is split into two vertical panels. The left panel has an orange background and is titled 'Heat Exhaustion'. The right panel has a red background and is titled 'Heat Stroke'. In the center, a white line-art figure of a person stands with one hand on their forehead and the other on their chest. Lines connect various symptoms to the figure's body parts. At the bottom of each panel, there is a block of text providing first aid instructions.

## Heat Exhaustion OR Heat Stroke

- Heat Exhaustion (Left Panel):**
  - Faint or dizzy
  - Excessive sweating
  - Rapid, weak pulse
  - Nausea or vomiting
  - Cool, pale, clammy skin
  - Muscle cramps
- Heat Stroke (Right Panel):**
  - Throbbing headache
  - May lose consciousness
  - Rapid, strong pulse
  - Nausea or vomiting
  - Body temperature above 103°
  - Red, hot, dry skin
  - No sweating

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

**Heat Stroke Treatment:** Call 911. Take immediate action to help cool the person until help arrives.