



Date: July 30, 2021

To: All Homecare Workers

From: ODHS Office of Aging and People with Disabilities

The National Weather Service forecasts that Oregon could experience extreme high temperatures beginning today and through the weekend.

The Oregon Department of Human Services wants to make sure that the Oregonians we serve, as well as their paid care providers, are prepared.

While working with consumers, Homecare Workers should make sure the individual in their care is safe and comfortable. If a consumer is not safe and comfortable, and showing signs of heat exhaustion or heat stroke, you should assist them in getting to a cooling center or another location in accordance with the consumer's emergency plans.

Resources and information

Cooling centers

To find a cooling center near you visit: <http://www.navigateresources.net/info/>

Call - 211 or 1-866-698-6155

Text - your zip code to 898211 (TXT211)

Email - help@211info.org

Homecare Workers can transport consumers who receive Medicaid long-term services or Oregon Project Independence benefits to cooling stations and stay with them during the process, if needed. This may result in a temporary increase in hours and mileage. Both are pre-approved and authorized in advance. You must have a valid driver's license and be using your personal motor vehicle to be reimbursed for mileage. Notify the case manager the day you and the consumer-employer traveled to a cooling center or the next business day if you both traveled to a cooling center over the weekend.

Information from Oregon Health Authority on heat and health

- [English](#)
- [Español / Spanish](#)
- [اللغة العربية / Arabic](#)
- [简体中文 / Simplified Chinese](#)
- [繁體中文 / Traditional Chinese](#)
- [한국어 / Korean](#)
- [Русский / Russian](#)
- [Af Soomaali / Somali](#)
- [Tiếng Việt / Vietnamese](#)



Heat-related illness warning signs and symptoms

The Oregon Health Authority provides [guidance](#) on how to recognize heat-related illnesses and what to do. Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or heat stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

Heat Exhaustion	What you should do
Faint or dizzy	Move to a cooler location.
Heavy sweating	Sip water.
Fast, weak pulse	Apply cool, wet cloths to as much of your body as possible.
Nausea or vomiting	Lie down and loosen your clothing.
Cold, pale, clammy skin	If the person has vomited and it continues, seek medical attention

Muscle cramps	immediately.
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Heat Stroke	What you should do
High body temperature (above 103°F)	Call 911 immediately - heat stroke is a medical emergency. Move the person to a cooler environment. Reduce the person's body temperature with cool cloths or even a bath. Do NOT give fluids.
Red, hot, dry or damp skin	
Fast, strong pulse	
Headache	
Nausea or vomiting	
May lose consciousness	

For more information visit Oregon Health Authority's Extreme Heat Preparedness website:

<https://www.oregon.gov/oha/ph/preparedness/prepare/pages/prepareforextremeheat.aspx>

Sign up for emergency alerts at ORAlert.gov