

2022 HEAT RESPONSE PLAN

Tyler / Smith County

PURPOSE

This plan is designed to serve as a guide and to provide useful information to the public. Users of this plan are encouraged to direct all questions to the appropriate designated agencies.

..... AS ALWAYS, IN AN EMERGENCY, PLEASE CALL 911

RESPONSIBILITY/LEAD AGENCY

The City of Tyler Fire Department is the lead agency for the Heat Response Plan. Other agencies or human service entities needing information or administrative assistance should call the City of Tyler Fire Department at (903) 535-0005 as the primary contact and/or the Northeast Texas Public Health District at (903) 535-0037 as the secondary contact. For public affairs information call the Northeast Texas Public Health District at (903) 535-0020. Call 211 as an additional resource.

SCIENCE

Exposure to excessive heat can cause illness, injury and death. Approximately 658 people die each year from exposure to heat due to weather conditions, and many more people die from health conditions that are exacerbated by exposure to excess heat. Heat waves bring unusually high temperatures that may last for days or weeks. Although the human body has effective systems to cool itself, under some conditions, these mechanisms are not enough. In such cases, a person's body temperature may rise rapidly. Very high body temperatures can cause severe damage to the brain, other vital organs and even death. Fans alone may not be as effective above 90 degrees with high humidity. If overheated, people should be advised to seek air conditioning. Air conditioning is the leading protective factor against heat-related illness and death. (CDC)

To better understand the scope of heat exposure, mortality data for 1999-2010 was used to review heat-related deaths in the United States overall. During this period, 7,415 heat-related deaths occurred, an average of 618 per year. In 5,201(72%) of these deaths, the underlying cause was exposure to excessive heat, and heat was a contributing factor in the remaining 2,032 (28%) deaths. Heat-related deaths were reported most frequently among males (5,567; 69%) and among adults aged 65 years (2,621; 36%). Almost all heat-related deaths occurred during May- September (7,621; 94%), with the highest numbers reported during July (3,145; 39%) and August (2,138; 26%) and the three states with the highest burden were Arizona, Texas, and California accounted for 43% of all heat related deaths. (CDC)

Most heat-related deaths occur during the summer months. By knowing who is at risk and what prevention measures to take, heat-related illness can be prevented. Those at highest risk from heat (groups without access to air conditioning for at least a few hours of the day) include:

- the elderly, ages 65 and older
- socially isolated individuals (homebound, homeless)
- the physically disabled
- individuals that are overweight
- persons with chronic medical conditions (ex. diabetes, heart disease)
- infants and children up to 4 years old
- persons taking certain medications (neuroleptics, anticholinergics).

Heat Advisory: *A period of hot temperatures is expected and will create a situation in which heat illnesses are possible; they are announced by local weather reports.*

This will create a situation in which heat related illnesses are possible. Very high body temperatures can cause severe damage to the brain, other vital organs and even death.

The Tyler Fire Department recommends caution during the Heat Advisory. Fans alone may not be very effective above 90°F with high humidity. If overheated, seek air conditioning. Air conditioning is the leading protective factor against heat-related illness and death. Therefore, stay in air conditioning as much as possible. If you must be outdoors, try to stay out of direct sun, wear light weight, loose fitting clothing and consume at least 5-7 oz. of water every 20 minutes.

It is also advisable to check on our family and our neighbors, especially the elderly and those without air conditioning.

PRECAUTIONS *Hydration and access to air conditioning are the most critical interventions to decrease the human impact of a heat wave.*

- Alternate periods of work with periods of rest. The U.S. Military has produced guidelines that can be applied to civilians.
http://www.stripes.com/polopoly_fs/1.184840!/menu/standard/file/rest.pdf
- Drink plenty of fluids. Water is best; sports drinks in moderation; avoid alcohol, as this will worsen conditions. Bottled water is available from Salvation Army or PATH.
- Stay in an air conditioned room
- Stay out of the sun as much as possible
- Check up on relatives and neighbors
- Do not leave unattended children and pets in vehicles. Heat can build up rapidly. See the chart below.

Estimated Vehicle Interior Air Temperature v. Elapsed Time

Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

MEDICAL EVALUATION

Individuals at risk for heat injuries can call 911 for a medical evaluation / heat check. Paramedics will respond to identify any heat related problem and to provide for transport to the appropriate medical facility in the event of an emergency.

Early Signs of Dehydration

- Dark yellow and brownish urine. See chart below:

AM I HYDRATED?

Urine Color Chart

1		If your urine matches these colors, you are drinking enough fluids
2		Drink more water to get the ideal color in Shade 1 and 2.
3		Dehydrated
4		You may suffer from cramps and heat-related problems
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

Signs & Symptoms of Heat Exhaustion include:

- Heavy sweating
- Weakness & fatigue
- Cold, pale, moist, clammy skin
- Rapid, weak pulse.
- Headaches, dizziness, lightheadedness, blurred vision or fainting
- Muscle cramps
- Nausea & vomiting
- Rapid and Shallow breathing

- Mood changes such as irritability or confusion

Signs & Symptoms of Heat Stroke include:

- Body temperature greater than 103°F
- Sweating stops and skin is hot, red, and dry
- Rapid, strong pulse
- Change in mental status (confused, passed out, slurred speech, inappropriate words)
- Nausea
- Dizziness
- Throbbing headache
- Unconsciousness

Prevent Heat Illnesses. Know the signs and act.

HEAT EXHAUSTION	OR	HEAT STROKE
<p>Faint or dizzy</p> <p>Excessive sweating</p> <p>Cool, pale, clammy skin</p> <p>Nausea or Vomiting</p> <p>Rapid, weak pulse</p> <p>Muscle cramps</p>		<p>Throbbing headache</p> <p>No sweating</p> <p>Body Temperature above 103° Red, hot, dry skin</p> <p>Nausea or Vomiting</p> <p>Rapid, strong pulse</p> <p>May lose consciousness</p>
<p>CALL 9-1-1</p> <ul style="list-style-type: none"> ■ Get to a cooler, air-conditioned place. ■ Drink water if fully conscious. ■ Take a cool shower or use cold compresses. 	<p>CALL 9-1-1</p> <ul style="list-style-type: none"> ■ Take immediate action to cool the person until help arrives. <div style="text-align: right;"> </div>	
<p>Seek Immediate Medical Assistance for Heat-Related Illnesses. Call 9-1-1.</p>		

See page 3.

For persons overcome by heat:

- Call 9-1-1 immediately
- Move to cool shaded area or air conditioned room
- Loosen and/or remove clothing
- Apply a water-soaked towel (or ice pack wrapped in towel) to head and armpits
- Give small cup of water (only if conscious and not nauseous)

For more information, visit our website (www.tylerfiredept.com) and click on the link for the **2021 Heat Response Plan**, or call 903-535-0005.

COVID-19**RETURNING TO SPORTS OR OUTDOOR ACTIVITIES FOLLOWING COVID-19**

It is very important that persons recovering from a COVID-19 infections seek medical advise before returning to outdoor or sporting activities in extreme heat or hot environments. These persons and athletes need close monitoring during their acclimatization to hot outdoor environments.

SHELTERS**COVID-19 AND SHELTER REQUIRMENTS:**

All sheltering locations shall modify they occupancy guidelines to follow the State of Texas and Governors orders and declarations. CDC guidelines and considerations shall be followed as well.

Overnight Locations:

- Salvation Army - 24 hour shelter for homeless or near homeless with a capacity of 200. (903) 592-4361. In case of declared emergency, additional space for 250 is available in the Disaster Shelter
- American Red Cross - Open on demand. Depends on declared emergency. (903) 581-7981 or 1-866-505-4801
- Hiway 80 Rescue Mission- 601 Valentine St. Tyler, Texas. (903)-617-6097

Daytime Locations:

- Salvation Army 633 N. Broadway, Open 24 hours, 7 days a week, (903) 592-4361
- Local Fire Stations
- Broadway Square Mall and other retail outlets On City bus route
- Movie Theaters
- Churches Check with individual churches regarding activities or capability to accommodate the public

City of Tyler Facilities: Tyler Fire Department Various locations. Call 903-535-0005 or 911

Glass Recreation Center 501 W. 32nd St., Monday through Friday 7am-10pm, Saturday 9am-3pm, closed Sunday. Open to the public during posted hours with estimated capacity of 500 individuals. Call to inquire about actual remaining available capacity. Activities can be scheduled by calling (903) 595-7271

Tyler Public Library 201 S. College. Monday through Thursday 10am-7pm, Friday 10am-6pm, Saturday 10am-5pm, Sunday 1pm-5pm. Open to the public during posted hours with an Estimated capacity of 120 individuals. Activities can be scheduled through the library for Taylor Auditorium (capacity 100) by calling (903) 593-7323

Senior Citizen Activity Center: 1915 Garden Valley Road, (903) 597-0781 for additional information about services, 8am to 5pm Monday through Friday, estimated capacity 125

Rose Garden 420 Rose Park Drive, (903) 531-1349, 8am-5pm. Monday through Friday with an estimated capacity 200

Swimming Pools

Fun Forest Park. Hours/Days of operation: June 2-August 11.

Closed Sunday, Monday and Tuesday

Open: Wednesday – Noon to 6 p.m., Thursday – Noon to 6 p.m.,

Friday – Noon to 6 p.m., Saturday – 10 a.m. to 6 p.m., Sunday 1 p.m. to 6 p.m.

Smith County Day Time Locations

- Smith County Office of Emergency Management (903) 590-2655
- Smith County ESD #1 (903) 882-3443
- Smith County ESD #2 (903) 617-6578
- Smith County Sheriff's Office non-emergency (903)566-6600
- 911

TRANSPORTATION:

Transportation for at-risk individuals enroute to air conditioned shelters or daytime locations might be available through the following agencies. Please contact the individual agency for availability.

- Family, Friends, Neighbors
- Hospital courtesy vans
- Tyler Transit
- Cab companies

IDENTIFICATION OF ISOLATED/ELDERLY/AT RISK INDIVIDUALS

The following should make effort to identify those who are at risk and to get them connected to transportation and air conditioning. Remember, many do not have telephone or internet access.

- Family, Friends, Neighbors
- Fire Departments
- Police and Sheriff's Departments (especially beat officers)
- Neighborhood Crime Watch
- Emergency Medical Services (EMS)
- Meals on Wheels
- Senior Citizen Center
- Emergency Care Centers
- Hospital Emergency Rooms
- Home Health Nursing
- Public Health Case Managers/Outreach Workers
- Animal Control Officers
- Church Volunteers
- Citizen Volunteers
- East Texas Council For Independent Living - particularly for disabled residents
- Stand Alone ER's / Urgent Care centers

WELFARE CONCERN:

Should a concern exist, please contact one of the following:

- Tyler Police Department (903) 531-1000 to request a welfare visit by a Police Officer.
- Smith County Emergency Dispatch / Fire Department and Sheriff's Office (903) 566-6600
- Lindale Emergency Dispatch / Fire and Police (903) 882-3313
- For emergencies, call **911**.
- People with disabilities such as access and functional needs, including limited mobility, communication barriers, transportation assistance, personal care, and special medical assistance, should register with the **State of Texas Emergency Assistance Register (STEAR)-Public**. <https://www.dps.texas.gov/dem/stear/public.htm>.
- If you do not have access to the internet, you can register for **STEAR** over the phone by dialing **211**.
- The **City of Tyler Fire Department** and the Smith County FMO are the **Lead Agency's** for the **State of Texas Emergency Assistance Register (STEAR)-Public** within the City of Tyler proper and Smith County.

PUBLIC AFFAIRS NETWORK/HOTLINE

Provides updated information to the public

- 2-1-1 Texas at United Way www.211texas.org
- American Red Cross (903) 581-7981 www.redcross.org/tx/easttexas
- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- Northeast Texas Public Health District (903) 535-0020 www.healthyeasttx.org
- KTBB AM600/KRWR 92.1 FM (903) 593-2519, jsims@ktbb.com
- KETK NBC56 (903) 581-5656 newsroom-KETK@nexstar.tv
- KLTN Channel 7 (903) 510-7777 newsroom@kltn.com
- KYTX CBS19 (903) 581-2211 sjackson@cbs19.tv
- Tyler Morning Telegraph (903) 596-6265, news@tylerpaper.com

- Alpha Media Group KOYE (LaInvasora) 96.7 FM, KKUS 104.1 FM, KYKX 105.7 FM, KOOI 106.5 FM, Sports AM 1370, 903-581-9966
- Town Square Media KTYL 93.1 FM, KKTU 96.1 FM, KNUE 101.5 FM, KISX 107.3, 903-581-0606
- Reynolds Radio Mega FM 99.3, The Blaze 102.7/106.9 FM
- MEGA 99.3 KAPW (903)-581-5259 Other Media (see telephone book)
- City of Tyler Access Channel, www.cityoftyler.org, or (903) 533-7444
- SMITH COUNTY PIO 1-903-590-4607
- ATMOS Gas Service 1-866-322-8667 to report a natural gas emergency (24/7)
- Center Point Energy 1-800-259-5544 to report a natural gas emergency (24/7)
- ONCOR 1-888-313-4747 to report down lines, power outages (24/7)

UTILITY ASSISTANCE PROGRAMS:

Individuals with problems concerning payment should contact their electric company to develop a payment plan if needed. Agencies that may assist with temporary utility bill assistance include:

- Greater East Texas Community Action Program (GETCAP) (903) 592-3828 or (800) 621-5746. Also offers assistance with Water and Gas. www.get-cap.org
- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- People Attempting To Help (PATH) (903) 597-7284 www.pathhelps.org
- Churches

WATER

Bottled water **might be** available from:

- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- PATH (903) 597-4044 www.pathhelps.org

DONATIONS:

To donate water, cooling packs, fans, air conditioners, and transportation services, contact:

- Tyler Fire Department (903) 535-0005
- People Attempting To Help (PATH) (903) 597-4044
- Salvation Army (903) 592-4361
- Meals on Wheels (903) 593-7385
- KLTV Channel 7 (903) 510-7777
- KETK NBC56 (903) 581-5656
- KYTX CBS19 (903) 581-2211
- Smith County ESD 2 (903)-617-6578

REPORTING SYSTEMS:

Emergency Rooms and EMS Providers keep records of the number of the number of heat related injuries and illnesses in order to allow monitoring of the community and to permit future


development of Heat Response Plans. This is coordinated by Texas Department of State Health Services (DSHS) EMS staff.

USERS OF THIS PLAN: Users of this plan are encouraged to direct questions to the above identified agencies. Should issues not be addressed in the plan, or if questions remain unanswered, users should contact the lead agency.

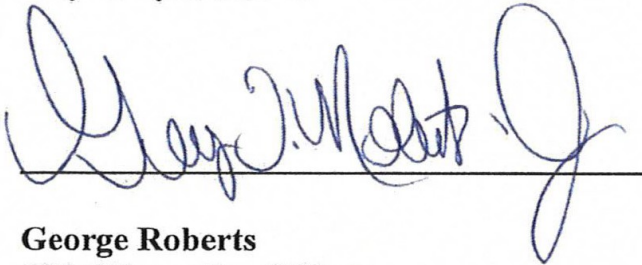
ADDITIONAL INFORMATION

Should there be issues that are not addressed in this plan, or if you have additional questions, users are encouraged to contact the designated agencies listed in this document.

REVIEWED:



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