



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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PUBLIC HEALTH ADVISORY

Excessive Heat Event | Labor Day Weekend

Climate change is driving warming trends. In the past, Marin's temperate climate has protected residents from extreme heat events. With the increasing frequency and intensity of heat events, Marin County is accelerating efforts to increase community preparedness with a focus on vulnerable populations.

This week, the [National Weather Service \(NWS\)](#) has issued an [Excessive Heat Warning](#) for inland areas of Marin County, and an Excessive Heat Watch for coastal and bayside areas. The greatest concern for heat-related impacts begins late Saturday morning for the Bay Area with risk continuing through early next week. According to the newly developed NWS [HeatRisk](#) forecast, on Labor Day (September 5th) the HeatRisk for a significant portion of Marin will be Level 2 - Moderate Risk for those who are sensitive to heat, especially those without effective cooling and/or adequate hydration.

Actions Requested of Healthcare and Social Service Providers, Where Applicable

1. Review [Climate Resilience for Frontline Clinics Toolkit](#)
2. Update plans to ensure continuity of operations
 - a. [Inspect](#) HVAC systems, fans, dehumidifiers, window blinds, and windows; [optimize](#) facility preparedness.
 - b. [Assess and improve](#) standby power operations and prepare for power outages.
3. Have supplies on hand to treat heat-related illness, including ice packs, cool water, or cool IV fluids
4. Keep open appointment times available for potential heat-related non-emergency visits.
5. Provide instructions or heat informational resources to clients or patients.
 - a. [Educate](#) clients, patients, and their caregivers about symptoms of heat illness and prevention tips.
 - i. [Staying safe when it's hot outside](#)
 - b. Identify family or caregivers who can check on clients or patients during a heat wave (including phone calls or text).
6. Identify high-risk clients or patients¹ and [help](#) patients create a [heat action plan](#) (see condition-specific resources below):

¹ Older than 60 years old; Has a chronic medical condition such as [chronic kidney disease \(CKD\) and end stage renal disease \(ESRD\)](#), [respiratory conditions](#), [diabetes](#), heart disease, high blood pressure or obesity; Has a serious mental health condition, such as schizophrenia; Has a cognitive or developmental condition, such as dementia; Takes medicines that increase risk (e.g., diuretics); Misuses alcohol or drugs; Lives alone, is socially isolated or has limited mobility; Unable or unwilling to hydrate.

- a. Assess how they [access weather forecasts](#)
 - b. Assess risk for excess heat exposure
 - c. Assess access to cool indoor spaces
 - d. Consider increased risks from medications
7. [Power outages](#) can occur during extreme heat events. Help high-risk clients and patients prepare a [power outage plan](#), including learning how to [manage health conditions and food safety](#) during a power outage.
 8. Open congregate space as cooling centers (e.g., community centers and worship centers) for clients and/or community members. Cooling centers include air-conditioned space as well as spaces that can maintain an indoor temperature < 78 °F.

Condition-specific resources

- [Tip Sheet for Patients with Diabetes](#)
- [Heat Action Plan for Patients with Diabetes](#)
- [Tip Sheet for Patients with Chronic Kidney Disease, End-Stage Renal Disease](#)
- [Heat Action Plan for Patients with CKD, ESRD](#)
- [Tip Sheet for Patients with COPD, Asthma](#)
- [Heat Action Plan for Patients with COPD, Asthma](#)

Basic Guidance for Community Members

Do

- Use energy-efficient appliances (e.g., fans) to cool homes.
- Spend time in air-conditioned places, such as malls or libraries.
- Take a cool shower or bath to help cool off; place a damp towel around your shoulders to reduce body heat.
- Minimize direct exposure to the sun.
- Stay hydrated—drink water or beverages *without* caffeine, sugar, or alcohol.
- Eat light, cool, and easy-to-digest foods such as fruit or salads.
- Wear loose-fitting, light-colored clothes.
- Place blinds and curtains to keep direct sunlight indoors to a minimum.
- Know the symptoms of heat-related illnesses and the appropriate responses.
- Check the local news for health and safety updates.

Don't

- Leave children, pets, or persons with mobility problems alone in cars for any amount of time.
- Drink alcohol to try to stay cool.
- Use the stove or oven to cook—it will make you and your house hotter
- Eat heavy, hot, or hard-to-digest foods.
- Wear heavy, dark clothing, which absorbs heat from the sun.
- Exercise outdoors during the hottest hours of the day (3 p.m. to 7 p.m.).

Additional Resources

[Marin Health and Human Service. Staying Cool and Safe in Warm Weather](#)

[Centers for Disease Control and Prevention \(CDC\). Climate Change and Extreme Heat](#)

[Ready.gov | Extreme Heat](#)