



California
Department of
Health Services

SANDRA SHEWRY
Director

State of California—Health and Human Services Agency
Department of Health Services



Governor

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TO: GENERAL ACUTE CARE HOSPITALS
ACUTE PSYCHIATRIC HOSPITALS
SKILLED NURSING FACILITIES
CHEMICAL DEPENDENCY RECOVERY HOSPITALS
CONGREGATE LIVING HEALTH FACILITIES
CORRECTIONAL TREATMENT FACILITIES
INTERMEDIATE CARE FACILITIES
INTERMEDIATE CARE FACILITIES FOR THE DEVELOPMENTALLY
DISABLED (ICF/DD)
ICF/DD – HABILITATIVE
ICF/DD – NURSING

SUBJECT: WINTER WEATHER EMERGENCY PREPAREDNESS ADVISORY

Winter months bring weather that can rapidly create emergency and/or disaster related conditions. Disaster plans must take all types of hazards into account, including the possibility of severe weather caused by freeze conditions or winter storms. Health care facilities are required by regulation to maintain their physical plant and all equipment in operational condition. If your facility is required to maintain an emergency power source, it must be fully tested and functional in order to insure availability in the event of a power outage.

Licensing regulations require that all emergency/disaster-related occurrences, which threaten the welfare, safety, or health of patients, must be reported to the Department of Health Services (DHS), Licensing and Certification (L&C) Program.

In the event your facility is impacted by an emergency or disaster-related occurrence and an evacuation, transfer or discharge of patients' results as a response to the emergency, you must contact DHS L&C. Please follow these guidelines for reporting such occurrences:

During normal business hours (8:00 a.m. – 5:00 p.m.) contact the local DHS L&C district office you customarily work with for your geographic location.

For after-hour reporting or if the local DHS L&C district office is non-operational due to the emergency/disaster, follow the process below:

For facilities outside Los Angeles County, notify the:
State Office of Emergency Services Warning Center at (916) 845-8911
Ask that they notify the DHS duty officer

For facilities in Los Angeles County notify the:
Los Angeles County Operator at (213) 974-1234
Ask that they notify the on-call Health Facilities Inspection Division Supervisor

Attached are some documents with winter weather health tips for vulnerable populations in relation to cold weather conditions.

Thank you for your cooperation.

Sincerely,

Original Signed by Kathleen Billingsley, R.N.

Kathleen Billingsley, R.N.
Deputy Director

Attachments

Winter Weather Health Tips

Though most of California experiences relatively mild winters, there always exists the potential for freezing weather.

The elderly and medically fragile are particularly susceptible to the cold. Persons with poor circulation, or who take medications that can interfere with the body's ability to regulate temperature, are at risk for hypothermia.

Hypothermia is defined, by the National Institute on Aging, as when the body temperature drops below 96 degrees. Symptoms include slurred speech, sluggishness, confusion, dizziness, shallow breathing, unusual behavior, and a slow, irregular heartbeat.

If a person is suffering from hypothermia do not give the individual caffeine, or alcohol, both of which can worsen the condition. Until medical help is available, re-warm the person starting at the core of the body. Warming arms and legs first can increase circulation of cool blood to the heart, which can lead to heart failure. Use a blanket to gradually warm the individual.

Dehydration

As people age, the mechanism that triggers their thirst becomes less sensitive. At the same time, a lower percentage of body weight is made up of water, leading to dehydration. It is recommended that individuals drink 6 to 8 glasses of liquid a day, especially in dry, cold weather.

Carbon monoxide safety

It is critical to ensure that all fuel burning devices are properly ventilated and receive regular inspections. Fireplaces need to be kept free of debris, and chimneys and flues should be maintained. Ovens, gas or charcoal barbecue grills should never be used for heating.

Symptoms of carbon monoxide poisoning are headache, dizziness, chest pain, nausea and vomiting. In severe cases, people can become increasingly irritable, agitated and confused, eventually becoming lethargic and lapsing into unconsciousness. If you suspect carbon monoxide poisoning, call 911 and get the victim to fresh air immediately.

It is advisable to have a carbon monoxide detector and check the batteries regularly.

If you lose heat

Measures should be taken to trap existing warm air. If it appears the loss of heat will be of significant duration, hang blankets over windows and doorways and move to a well insulated room. If available, use a properly operating fireplace for heat.

Be prepared

Have additional battery operated lighting, phones, and radios available in the event of an extended power loss. Have a plan for how to best deal with power and heat disruptions. Common sense and preparation will go a long way to ensure patients remain comfortable and safe during winter weather emergencies.