

SPRCPH Strategic Plan 2014-2018

Goals and Objectives

Goal 3:
Promote adaptive
approaches to public
health impacts of
a changing climate.

Objectives

1. Increase knowledge by at least 10% above baseline for department staff of how the climate is changing, the effects on the public's health, and their job roles and responsibilities in promoting adaptations to climate change, by December 15, 2015.
2. Complete a vulnerability and risk assessment of the public health impacts associated with climate change, every two years beginning June 30, 2015.
3. Develop up to three department-specific priority climate change adaptation actions, including actions to improve department capacity to assess and build resilience to climate change risks, by December 31, 2015.

A Changing Ramsey County

A Public Health
Impacts Assessment
Addressing Climate
Change

St. Paul – Ramsey County
Public Health
Environmental Health Division

April 2014

SPRCPH Tactical Response in Extreme Heat Events

Situational Awareness

- Health Protection Manager monitors National Weather Service (NWS) issuance of Excessive Heat Advisories and Warnings; monitors issuance of MDH Health Alerts.
- HP Manager monitors trends in Ramsey County EMS runs and hospital ED admissions as available.

Risk Communication to the Public

- Ramsey County web pages produced to inform the public about NWS Excessive Heat Advisories and Warnings and actions to take to protect themselves. Web page notifications are sent through Gov Delivery to over 10,000 subscribers.
- Produce fact sheets; use social media (Twitter and Facebook)
- Promote an all community approach by encouraging the public to check on their neighbors.

Healthy Ramsey Facebook Posts on Extreme Heat, July 4th week, 2012

facebook Search for people, places and things HealthyRamsey - Saint Paul - ...

HealthyRamsey - Saint Pa.. Timeline 2012

Like · Comment · Share 1
95 people saw this post

HealthyRamsey - Saint Paul - Ramsey County Public Health shared a link. July 5

Looking like one more hot day, until things cool down. Check out info on our public health home page on how to beat the heat: www.co.ramsey.mn.us/ph There's also a list on the Ramsey County Emergency Management page of public places where you can go to cool down: http://www.co.ramsey.mn.us/NR/rdonlyres/168FF2EF-C297-4869-BCFB-89B3752276B2/29144/Cooling_Spaces_Open_to_the_Public.pdf

Ramsey County PH Home
www.co.ramsey.mn.us
Email: PublicHealthAskPH@co.ramsey.mn.us
EnvironmentalHealthAskEH@co.ramsey.mn.us VitalRecordsAskVR@co.ramsey.mn.us

Like · Comment · Share
82 people saw this post

HealthyRamsey - Saint Paul - ...

Timeline 2012

HealthyRamsey - Saint Paul - Ramsey County Public Health shared a link. July 3

Best thing for your kids on a hot day? Not pop, or anything else with a lot of sugar, but just plain, cool, water... <http://www.youtube.com/watch?v=F78lyXGSlu8>

Drink Water song
 Drink Water, a catchy 30-second tune that reminds us that water is the natural, nurturing drink. This vid is a short clip from Exercise Your Right to Feel Be...

Another scorcher today, be careful out there! Heat advisory in effect for Ramsey County and metro today. Here are tips on how to stay cool. <http://www.co.ramsey.mn.us/ph>

http://www.co.ramsey.mn.us/NR/rdonlyres/366C7CFB-BA2E-4A45-A502-D31FC5029092/29122/avoiding_heat_rel
www.co.ramsey.mn.us

Like · Comment · Share 1
102 people saw this post

Saint Paul – Ramsey County Public Health

Extreme Heat Fact Sheet

Avoiding Heat-Related Illnesses

• The best defense against heat-related illness is prevention. Here are tips on how to keep your cool, when the weather gets hot.

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.



- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - o Infants and young children
 - o People aged 65 or older
 - o People who have a mental illness
 - o Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

• If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

TYPES OF HEAT-RELATED ILLNESSES

- Heat Stroke
- Heat Exhaustion
- Heat Cramps
- Sunburn
- Heat Rash

WARNING SIGNS AND TREATMENT

- See Next Page for details

ONLINE RESOURCES

- CDC Extreme Heat Prevention Guide http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

Updated 7/03/2012

Source: Centers for Disease Control and Prevention



Saint Paul - Ramsey County Public Health
www.co.ramsey.mn.us/ph
 (651) 266-2400

Warning Signs and Treatment of Heat-Related Illnesses

Source: Centers for Disease Control and Prevention

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Recognizing Heat Stroke

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What to Do

- If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:
 - Get the victim to a shady area.
 - Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
 - Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
 - If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
 - Do not give the victim fluids to drink.
 - Get medical assistance as soon as possible. Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in

sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Recognizing Heat Exhaustion

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe
- The victim has heart problems or high blood pressure

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

What to Do

- Cooling measures that may be effective include the following:
- Cool, nonalcoholic beverages
 - Rest
 - Cool shower, bath, or sponge bath
 - An air-conditioned environment
 - Lightweight clothing

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion.

Recognizing Heat Cramps

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

What to Do

- If medical attention is not necessary, take these steps:
- Stop all activity, and sit quietly in a cool place.

- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

Sunburn

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

Recognizing Sunburn

Symptoms of sunburn are well known: the skin becomes red, painful, and abnormally warm after sun exposure.

What to Do

- Consult a doctor if the sunburn affects an infant younger than 1 year of age or if these symptoms are present:
- Fever
 - Fluid-filled blisters
 - Severe pain
- Also, remember these tips when treating sunburn:
- Avoid repeated sun exposure.
 - Apply cold compresses or immerse the sunburned area in cool water.
 - Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
 - Do not break blisters

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

Recognizing Heat Rash

Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

What to Do

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort. Treating heat rash is simple and usually does not require medical assistance. Other heat-related problems can be much more severe.



Saint Paul - Ramsey County Public Health
www.co.ramsey.mn.us/ph