

To: Heat Plan Participants

From: Mayor John P. King

Date: July 01, 2020

Subject: Heat Plan for the Village of Montour Falls

The Village of Montour Falls works to ensure that all citizens in Montour Falls are safe and that they have the resources they need to cope with challenging weather conditions. Attached is a copy of the Village of Montour Falls Heat Plan for 2020. Heat-related handouts are included in the plan and can be duplicated for distribution to consumers and family members. Any questions or heat-related needs should be directed to the Village Clerk at 607-535-7367.



Village of Montour Falls
Heat Emergency Plan

EXECUTIVE SUMMARY

This is a contingency plan supporting the Village of Montour Falls Emergency Plan.

The plan describes state operations during heat-related emergencies and guides local government and non-governmental organizations in the preparation of their heat emergency response plans and other related activities.

The plan recognizes the need for the Village to: 1) communicate and coordinate with state agencies and local government, 2) mobilize resources and initiate actions in advance, and 3) support the local government's actions according to the plan.

The plan recognizes three (3) phases of activation:

- I. Seasonal Readiness
- II. Heat Alert
- III. Heat Emergency

These phases are activated based on the severity of the risk of heat to vulnerable populations, the general population, and animals. The direct involvement of state and local agencies to protect individuals increases with the severity of the risk.

The plan contains specific actions to be taken by the state in each of the three phases and a checklist to guide local actions. The specific action steps include the following:

- Coordinating among local agencies (all phases)
- Disseminating information (all phases)
- Preparing cooling centers to support local response efforts (phase II)
- Activating cooling centers (phases II and III)
- Directly contacting and monitoring those at risk (phases II and III)
- Transporting those at risk to cooling centers (phases II and III)

The plan contains the following:

- A description of the purpose and scope of the plan.
- Background information including the history of heat emergencies in the state
- Descriptions of the conditions triggering each phase of the plan.
- The responsible agencies and the actions those agencies will carry out during the different phases of the plan.
- Guidance for local agencies to help plan and coordinate efforts during heat events.
- Appendices of supporting information.

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Purpose

Persons identified as vulnerable are at a greater risk for heat-related illnesses during a heat crisis. To help prevent serious illness due to heat-related illnesses, the Village of Montour Falls has developed a heat Emergency Plan and will act as the focal point for our community. This Village-based heatwave preparedness plan targets vulnerable individuals who are considered most at risk for heat-related illness.

Criteria for Identifying Persons at Risk

Persons can be considered at risk if the following conditions exist:

1. Their physical condition makes them less able to handle heat stress which will include persons with chronic illness and who are over/underweight.
2. They are not able to easily control their environment, which will include dependent persons, urban dwellers, and those who are of low income.
3. They are more difficult to reach through ordinary communication channels (live alone, homeless, non-English speaking, illiterate, culturally/socially isolated.)

Other risk factors that may be associated with people being at risk of heat-related illnesses include:

1. No air conditioning in the home and/or no time spent in air conditioning outside the home.
2. Failure to reduce activity and/or increase fluid intake during periods of high heat.
3. Use of medicines and/or alcohol.
4. Living on the second or third floor of a non-air-conditioned building.

Heat Plan Coordinator

The Village Mayor or designee will assume the role of coordinator for the heat plan. The coordinator will work closely with the information and Village staff that will serve as a secondary contact person. The Coordinator will be responsible for:

- Coordination and updating of the annual heat plan.
- Maintaining the emergency heat information line.
- Notifying heat plan participants of significant changes in the heat index status based on the National Weather Service's criteria, and provide response information.
- Assure that responses during a heat crisis are carried out and that the needs of "at-risk" consumers are addressed.
- Providing heat intervention updates to the Emergency Management Liaison when requested during an excessive heat crisis.
- Providing written information for consumers as requested.

Education Plan

The Heat Coordinator will:

- Disseminate to all senior housing facilities, centers, and adult/child daycare facilities informational flyers addressing heat-related issues and safety interventions.
- Provide the local media with community service announcements concerning the effects of heat on the elderly at-risk adults and children.
- Provide community-based educational programs and written information on heat safety issues when requested.

Vulnerable Populations situational and physical characteristics help to identify vulnerable populations that may not comfortably or safely access and use disaster resources. Specifically, when discussing heat-related emergency preparedness, the following groups could be considered vulnerable or at greater risk in a heat emergency:

- Homeless
- Infants and small children under age five
- Women who are pregnant
- Older adults (age 65 and older)
- Persons who have obesity
- Bedridden persons
- Persons with mental illness/disabilities
- Persons with cognitive disorders
- Persons with medical conditions (e.g., heart disease, diabetes, high blood pressure, insulin)
- Persons requiring life-saving medications (e.g., for high blood pressure, depression, insomnia)
- Persons who utilize medical equipment (e.g., ventilators, oxygen, G-tubes)
- Individuals with drug or alcohol addictions
- Persons who use mobility devices (e.g., wheelchairs, walkers, canes)
- Non-ambulatory persons
- Those with sensory impairments (blind/visually impaired or deaf/hard of hearing)
- Persons who are under extreme working conditions
- Poor persons
- Socially isolated persons
- Persons who do not speak English with minimal access to information

Senior Housing Facilities, Centers, and Adult/Child Daycare Facilities

Senior center and adult daycare center directors will be responsible for:

- Providing educational sessions throughout the summer months on heat-related topics with a focus on its impact on older adults. Daily reminders are encouraged, especially during a heat crisis.
- Providing daily safety reminders, especially during a heat crisis, to help decrease the risk of heat-related disease.
- Providing informational flyers to their in-home clients to remind them and their caregivers of heat-related issues and safety interventions.
- Maintaining pitchers of cold ice water or other non-caffeinated beverages on the tables throughout the day to reinforce the practice of taking cool liquids frequently to prevent dehydration.
- Reinforcing with homebound drivers the need to check with consumers to ensure they have adequate cool water available and that their home has adequate ventilation. Drivers are to report to the meal supervisor any consumers they believe to be at risk.

Senior Centers and Adult/Child Day Care Centers Responsibilities during a Heat Crisis

All senior living facilities, centers, and adult/child daycare centers will participate in the heat plan. The facility directors will be responsible for:

- Identifying members who they feel may be at risk, contact them to determine their status, and help solve problems.
- Reminding caregivers about safety issues involving the heat and the effects of heat on the elderly.
- Determining if extended hours can be provided during a heat crisis at their center.
- Determining if the center will be open with extended hours on an as-needed basis.
- Notifying consumers who receive home-delivered meals of any change in the normal meal delivery schedule.

Long Term Services & Supports Responsibilities during a Heat Crisis:

Facility Supervisors, Counselors, Care Persons:

Review their population to identify consumers identified “at-risk” using the following long-term services and support criteria as a guide. A consumer will be considered “at-risk” if they:

1. Have limited, nonexistent, or inconsistent informal supports
2. Have no phone
3. Are home or bedbound
4. Live alone or with another frail elderly person
5. Have a history of mental or cognitive impairment
6. Have a prior history of problems with inadequate heating or cooling for the home
7. Have limited financial resources
8. Have health needs that require the utilization of medical equipment using electricity

A list of “at-risk” consumers will be developed and be available at all times to the facility operators, supervisor, and care manager. This list should be updated at least monthly and should contain the following consumer information.

1. Name
2. Address
3. Telephone number
4. Emergency contact and telephone number
5. Primary Care Physician

In-Home Services During a heat crisis:

1. Facility Supervisors, counselors, care persons will communicate any necessary information to the staff throughout the heat emergency. It will be the supervisor’s responsibility to assure that consumers are contacted on the weekend or holiday.
- 2 Facility Supervisors, counselors, care persons will call their consumers or their emergency contacts on the list to determine their status and to help solve problems.
3. If a problem is identified which cannot be resolved over the phone, they should contact Schuyler County Emergency on-call number or 911, depending on the situation.

Transportation Community

Schuylers County Transit will provide transportation and operates 7:15 AM - 5:30 PM. Please note that scheduled times are subject to change. Contact them for service at (607) 535-3555.

Standard Heat Index Crisis Criteria and Responses

During periods of prolonged heat, the Heat Plan Coordinator will identify the heat index stage and notify all participants of the appropriate responses to minimize adverse effects from the heat via fax transmittal or email. The same notification will be posted on the Heat Emergency Information line along with heat safety guidelines and other pertinent information for consumers.

The emergency information line can be reached at 1-610-872-1558, twenty-four hours a day, and will be in effect from June 1 through September 30. Updates will be provided every week and more frequently during a heat emergency.

Note: All temperatures are based on the heat index listings.

	Criteria	Participant Response
Advisory An Excessive Heat Outlook is issued 3-7 days in advance of an event to give advance notice of the possibility of excessively hot conditions.	Daytime heat index to reach 105 °F or greater, for less than 3 hours and night lows remain greater than 80°F, for two consecutive days	<ul style="list-style-type: none"> • All participants will reinforce educational components of heat and its effects on older adults • Encourage hourly fluid intake or at the discretion of the physician
Stage I – Heat Watch An Excessive Heat Watch is issued 36-48 hours in advance of an event to give advance notice of the possibility of excessively hot conditions.	Daytime heat index to reach 105 °F or greater, for less than 3 hours and night lows remain greater than 80°F, for two consecutive days	<ul style="list-style-type: none"> • Same as above • Encourage use of fans and air conditioners for homebound • Encourage dressing in cool natural fiber clothing
Stage II – Heat Warning	Anytime the above criteria are exceeded	Same as above <ul style="list-style-type: none"> • Activate extended hours for participants and In-home program client follow-up
Stage III – Excessive Heat Warning An Excessive Heat Warning is issued 0-36 hours in advance of an excessive heat event that is expected to last 2 days or more.	Upon recommendation from the Heat Task Force members in the State Emergency Operations Center	<ul style="list-style-type: none"> • Same as above • Implement any state or county directed recommendations

Village-level planning efforts are based on National Weather Service alerts. Heat-related preparation and response activities will be carried out in consultation and coordination with local agencies, using the following phases as guidelines to determine the most appropriate level of response:

Phase I - Seasonal Readiness

Phase I actions are taken in the hotter months (May through August) to prepare for and maintain a state of increased readiness. This includes the following actions:

- Initial notification of key stakeholders
- Review of existing plans, procedures, and resources
- Verification of use/availability of key facilities
- Updating / validating notification processes
- Initiating awareness campaigns
- Orientation and training to plans and procedures

Phase II – Heat Alert

Phase II actions are taken as a result of credible predictions by the National Weather Service of excessive heat or power outages during warmer than normal weather conditions. During this phase, contact with local agencies and coordination among state agencies increases.

Phase II actions will be initiated when one or more of the following exists:

- Notification from an operational area that one or more jurisdictions have issued a heat-related special weather statement (outlook, watch, advisory, warning, etc.), but the Emergency Operations Center has not been activated
- The National Weather Service issues a special weather statement for an operational area or region predicting an Excessive Heat Warning
- Credible predictions of power outages, electrical blackouts, or rotating blackouts during periods of high heat

Phase II actions include the following:

- Initial coordination call and periodic or daily calls as needed among the key agencies and the potentially affected operational (with weather and power updates)
- Increasing public information efforts
- Contacting local public health and other officials to ensure contact with those most vulnerable to excessive heat
- Confirmation of roles, identify specific local needs
- Confirm details of agency participation, staffing
- Stand-by and activation (if needed) of Village-owned facilities as cooling centers

Phase III – Heat Emergency

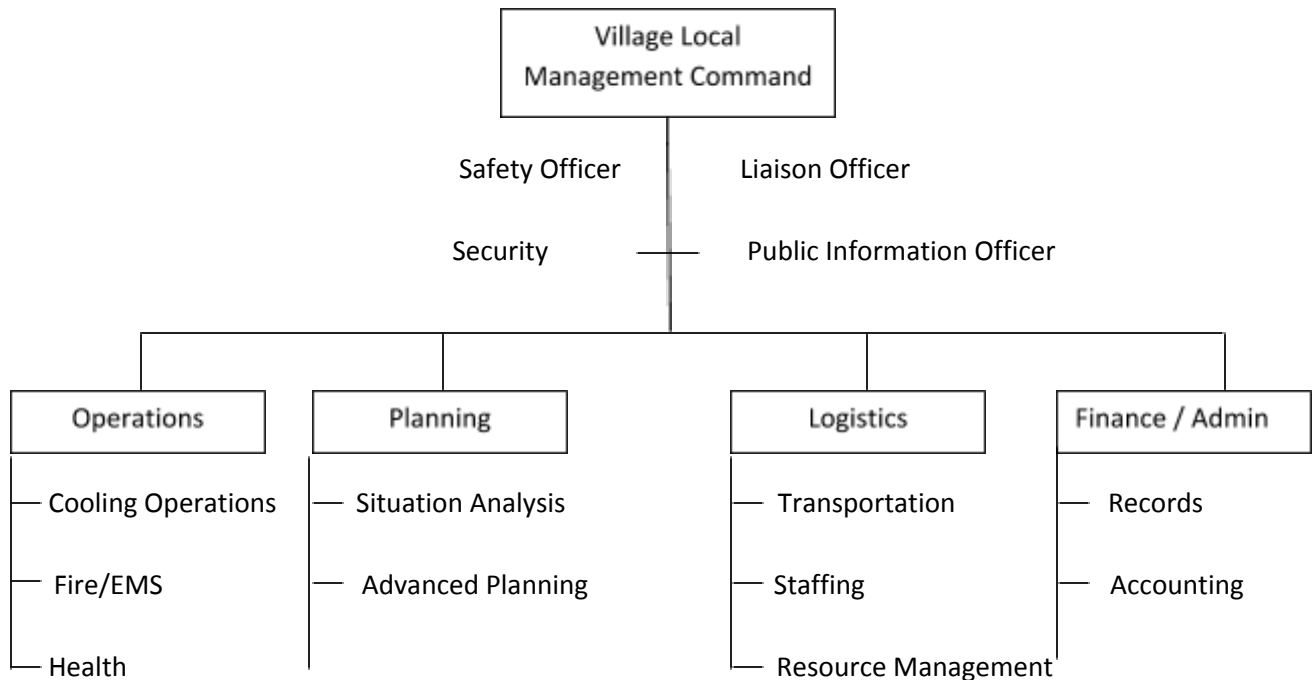
Phase III actions are taken when conditions in one or more operational areas pose a severe threat and one or more of the following exists:

- Notification from an operational area that one or more jurisdictions have proclaimed an emergency related to excessive heat
- Abnormal animal mortality rates due to excessive heat
- Abnormal human medical emergencies and mortality due to excessive heat
- Village Stage 3 Electrical Emergency and /or extended power outages during expected excessive heat conditions

Phase III efforts include urgent and comprehensive actions to complement and support local actions during the most severe heat event. These actions may include:

- Coordinating calls will increase as needed
- Activation of the Village Operations Center
- Determining request for mutual aid, county and state assistance
- Mobilizing cooling plan
- The Mayor may declare a state of emergency in the Village

An example of a local government EOC organization during activation in response to an extreme heat event is illustrated below.



Animal Vulnerabilities in Excessive Heat-Related Weather

Pets

Dogs and cats are designed to conserve heat and are less efficient at cooling than humans. They are in danger of heatstroke at 110 degrees Fahrenheit. Pets' sweat glands are located on the nose and footpads, which are inadequate for cooling on hot days. Panting and drinking water help cooling, but if the air temperature is overheated, the brain and organ damage can occur in 15 minutes. Risk factors to heat stress include body size, age (young and old), breed (short-nosed breeds, such as bulldogs), obesity, and existing metabolic, cardiovascular, or respiratory disease.

Facts:

Car with a window rolled down slightly + windows collecting light, trapping heat inside = pressure cooker effect. Outside air = 85 degrees Fahrenheit

- After 10 minutes: inside car = 102 degrees Fahrenheit
- After 30 minutes: inside car = 120 degrees Fahrenheit Outside air = 72 degrees Fahrenheit + humidity
- After 30 minutes: inside car = 104 degrees Fahrenheit
- After 60 minutes: inside car = 112 degrees Fahrenheit

Prevention:

- Never leave pets in a car on warm days
- Call animal control or the police immediately if an animal is in distress in a car
- Be alert for any sign of heat stress: heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, deep red or purple tongue
- Never leave pets tied up without shade, air circulation, and freshwater
- Offer a cool place to rest when temperatures are uncomfortable
- If you are going to take advantage of a local cooling center and feel the need to bring your pet, always call ahead to find out if they can accept pets and what preparations are necessary (i.e., a leash for the dog, cage for cats, etc.)

Treatment:

- Overheated pets must be cooled immediately
- Move the pet to shade
- Apply cool water all over the body
- Apply ice packs to neck and chest area
- Allow licking ice and a small amount of water (a large amount will cause vomiting)
- Take to a veterinarian immediately for evaluation

Livestock and Poultry

Owners should assure that all livestock and poultry are provided adequate and accessible drinking water, shade, fans and water-cooling, where feasible.

If the owner has back-up generators for their facilities, which should be inspected to ensure operational condition in the event of rolling or rotating blackouts or power failures. Emergency power should also be available for fans and well pumps. Misters, soakers, and fans should be checked to ensure they are operational. Shade structures (especially shade cloths) should be in good repair.

If owners are experiencing difficulties or delays in having dead animals removed from the property they should immediately contact the local animal control office and make them aware of the situation. Local officials are in a position to assist with alternate methods of disposal, including evaluating the need for a declaration of a local emergency.

Locations providing Extended Hours During Excessive Heat Warning:

MONTOUR FALLS FIRE DEPARTMENT

111 LEE STREET

MONTOUR FALLS, NY 14865

(607) 535- 9580

HUMAN SERVICES COMPLEX

323 OWEGO STREET

MONTOUR FALLS, NY 14865

(607) 535-8111

MONTOUR FALLS MEMORIAL LIBRARY

406 W. MAIN STREET

MONTOUR FALLS, NY 14865

Reproducible Handouts The following handouts are attached and can be duplicated for distribution to your consumer and their families;

- Heat Stress Fact Sheet
- Don't Risk Becoming Dehydrated
- Heat Safety Tips to Help You Survive the Heat
- Fan Facts



Heat Safety Tips to Help You Survive the Heat



During periods of prolonged heat, the elderly and persons with chronic health conditions are usually the first to be affected by the heat. The following are some preventative tips that can help you cope with the heat:

- Dress appropriately by wearing lightweight, light-colored, loose-fitting clothing.
- Stay indoors in air-conditioned areas as much as possible. If you do not have air conditioning, you can seek relief for some part of the day at a local senior center, a mall, a library, and a movie theater, or visit family who has air conditioning.
- If using a fan to keep cool, a window should be kept open to allow the hot air to escape. Keep blinds and curtains drawn and spend as much time as possible on the first floor of their home.
- Protect skin and eyes by using sunscreen, wearing a wide-brimmed hat and sunglasses when outdoors.
- Slow down and avoid strenuous activities, especially outdoor activities, during the hottest part of the day (noon – 4 p.m.). If you must be active, you should take frequent rests in a cool place and drink plenty of fluids.
- Drink plenty of water, even if you do not feel thirsty, to prevent dehydration. Avoid alcoholic and caffeinated beverages.
- Eat small light meals. Avoid hot meals. Eat several small, light meals throughout the day
- Take cool baths or showers. Cool water temperature cools your body 25 times faster than cool air.
- If the following signs are experienced, you should call a doctor or seek medical help immediately: fatigue, nausea, diarrhea, dry skin, rapid heartbeat, and cramps.

Don't Risk Becoming Dehydrated ...

Dehydration occurs when your body loses too much water
or you drink too little liquid



During the hot summer days, it is important to drink plenty of liquids. The recommended amount is 8-12 glasses unless your physician has instructed you otherwise.



Alcohol and caffeine-containing beverages (coffee, tea, soda), which act as a diuretic (removing body fluid), should be avoided in extreme heat. Thirst indicates you are dehydrated.

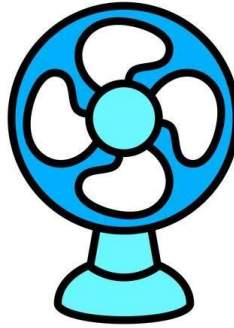
Common warning signs that may indicate you are dehydrated are:

- headache (the most common symptom)
- dry Skin
- dry mouth and tongue
- nausea/diarrhea
- weight loss

- low blood pressure (sometimes)
- fast heartbeat • disorientation (in extreme cases)

With an adequate intake of fluids, symptoms should be relieved. If symptoms continue, call your physician.

FAN FACTS



DO –

- Do use your fan in or next to a window. Box fans are the best.
- Do use a fan to bring in the cooler air from the outside
- Do use your fan by plugging it directly into the wall outlet. If you need an extension cord, the extension cord should be UL (Underwriters Laboratories) approved.

DON'T –

- Don't use a fan in a closed room without windows or doors open to the outside
- Don't believe that fans cool air. They don't. They just move the air around. The fans keep you cool by evaporating your sweat.
- Don't use a fan to blow extremely hot air on yourself. This can cause heat exhaustion to occur more rapidly.

If you're afraid to open your window to use a fan, choose other ways to keep cool such as taking a cool shower or bath, or going to a senior center, library or mall.

Heat Stress Fact Sheet

What: Heat stress is an illness caused by heat

Where: Outdoors – in the sun
Indoors – Hot rooms

Who's at risk: Persons with chronic problems such as:

Heart or kidney failure Diarrhea
Recent or past stroke High blood pressure
Infection or Fever Drinking alcohol
Some Medications Reduced sweating
Overweight/underweight
Diabetes

When: Temperatures - 90°F Humidity above 60%

Mild & Moderate Warning Signs	Serious Signs
<p>Mild: decreased energy, slight loss of appetite, nausea, lightheadedness</p> <p>Moderate: heavy sweating, thirst, faintness, giddiness, headache, confusion</p>	<p>Throbbing headache, mental confusion, irritability, combativeness, rapid heartbeat, difficulty breathing, dry skin (no sweating), vomiting, diarrhea, muscle cramps, staggering</p>
Treatment	Treatment
<p>Get the person into cool place, Give more fluids to drink, Remove excess clothing, Rest</p>	<p>Call 9-1-1 This is a medical emergency</p>

How to Reduce your Risk

- Drink plenty of water and keep windows open.
- Wear light-colored, lightweight, loose clothing. (cotton/synthetic blends are best)
- Wear a wide-brimmed hat, or use an umbrella for shade.
- Spend time in air-conditioned areas and don't travel outside in the heat of the day.
- Take extra cool baths and showers, and sprinkle yourself with water.
- Use insulated drapes; keep blinds/shades closed during daylight hours.
- Use a fan, but only when there is cool air blowing. Don't blow extremely hot air on yourself.
- Don't engage in vigorous activity in the heat of the day.
- Don't wear dark, nylon clothing that is tight.
- Don't drink alcohol or beverages containing caffeine or eat hot, heavy foods.
- Don't increase salt or potassium intake or take salt tablets without doctor's advice.

Steps to follow to prepare for a possible weather emergency:

- Keep an appliance thermometer in the refrigerator and freezer. An appliance thermometer will indicate the temperature in the refrigerator and freezer in case of a power outage and help determine the safety of the food.
- Make sure the freezer is at or below 0° F and the refrigerator is at or below 40° F.
- Freeze containers of water for ice to help keep food cold in the freezer, refrigerator or coolers after the power is out.
- Freeze refrigerated items such as leftovers, milk and fresh meat and poultry that you may not need immediately - this helps keep them at a safe temperature longer.
- Plan and know where dry ice and block ice can be purchased.
- Store food on shelves that will be safely out of the way of contaminated water in case of flooding.
- Have coolers on hand to keep refrigerator food cold if the power will be out for more than four hours. Purchase or make ice cubes and store them in the freezer for use in the refrigerator or a cooler. Freeze gel packs ahead of time for use in coolers.
- Group food together in the freezer - this helps the food stay cold longer.

Steps to follow after the weather emergency:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full and the door remains closed.)
- Food may be safely refrozen if it still contains ice crystals or is at 40° F or below.
- Never taste a food to determine its safety!
- Obtain dry or block ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for 2 days.
- If the power has been out for several days, check the temperature of the freezer with an appliance thermometer or food thermometer. If the food still contains ice crystals or is at 40° F or below, the food is safe.
- If a thermometer has not been kept in the freezer, check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power.
- Drink only bottled water if flooding has occurred.
- Discard all food that came in contact with floodwaters including canned goods. Discard wooden cutting boards, plastic utensils, baby bottle nipples, and pacifiers.
- Thoroughly wash all metal pans, ceramic dishes, and utensils that came in contact with flood water with hot soapy water and sanitize by boiling them in clean water or by immersing them for 15 minutes in a solution of 1 teaspoon of chlorine bleach per quart of water.
- **When in Doubt, Throw it Out!**