



CONTINGENCY PLAN FOR EXCESSIVE HEAT EMERGENCIES

*A Supporting Document to the Nevada
County Emergency Operations Plan*

Reviewed Annually
Last updated: September 2019

OVERVIEW

This is a contingency plan supporting the Nevada County Emergency Operations Plan and the State Contingency Plan for Excessive Heat Emergencies.

This plan describes County operations during heat related emergencies and provides guidance for local governments, non-governmental organizations, the private sector and faith-based organizations in the preparation of their heat emergency response plans and other related activities.

This plan recognizes three (3) phases of activation.

I. Seasonal Readiness

- a. Seasonal readiness begins annually in May as the warmer months approach; it is the preparedness activities and coordination that takes place prior to receiving a Special Weather Statement from the National Weather Service (NWS).
- b. Actions are taken as a result of credible predictions by the NWS of prolonged heat or power outages during warmer than normal weather conditions

II. Heat Alert (NWS Heat Advisory & NWS Excessive Heat Watch)

- a. Excessively hot weather with credible weather forecasts of excessively hot weather in the next 24-72 hours.
- b. These weather conditions include high daytime temperatures, accompanied by night temperatures of 75 degrees or more.
- c. See Heat Advisory and Excessive Heat Watch definitions below)

III. Heat Emergency (NWS Excessive Heat Warning)

- a. Weather conditions with a heat index of over 105 degrees with NWS Heat Advisories or Warnings or excessively hot weather for more than three days.
- b. These weather conditions include high daytime temperatures accompanied by night temperatures of 75 degrees or more.
- c. Proclamation declared by the Nevada County Health Officer of an emergency related to excessive heat.
- d. See Excessive Heat Warning definition below.

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

The plan contains a checklist to guide local actions. These local actions include:

- Coordinating among County and local agencies
- Disseminating information
- Providing cooling facilities
- Directly contacting and monitoring those at risk
- Transporting those at risk to cooling facilities
- Proclamation of a County state of emergency

PHASE I – Seasonal Readiness (May to September)

PLANNING	RESPONSIBLE AGENCY
1. Establish a “working group” consisting of those agencies/departments to identify the vulnerable populations and develop a strategy for notification and emergency actions to include establishing cooling centers and transportation.	OES/HHSA
2. Meet monthly through September	OES/HHSA/PH/GIS/PW
3. All relevant stakeholders shall review the Heat Plan in Phase 1.	OES/HHSA/PH/GIS/PW
4. Conduct a Heat Emergency Table top exercise as necessary	OES
5. Establish a notification process to contact agencies assigned to the working group	OES
6. Identify extreme heat emergency actions that will require emergency regulations or ordinances	PH/OES
7. Review the California Contingency Plan for Excessive Heat Emergencies	OES
8. Develop a plan for coordinating in-home visits to vulnerable populations.	HHSA/GIS
AWARENESS	
1. Develop press releases for increasing awareness for general and vulnerable populations.	PH/OES
2. Identify any unanticipated needs or problems.	Working Group
3. Establish a process to rapidly disseminate extreme heat emergency advice to vulnerable populations in a timely manner.	PH/OES
COOLING CENTERS	
1. Identify facilities that can be used for cooling centers that are ADA compliant and contact facility owners.	OES
2. Confirm points of contact for cooling centers	OES
TRANSPORTATION	
1. Identify and coordinate procedures, to ensure transportation, including wheelchair accessible transportation, is available for those in need of cooling centers.	HHS/OES
2. Identify ways for people with disabilities to notify appropriate authorities when transportation to cooling centers is needed.	HHSA/OES

PHASE II – Heat Alert

PLANNING	
1. Convene “working group” daily.	OES
2. Notify the OES Regional Coordinator of Phase II activation.	OES
3. Alert volunteer groups.	HHSA/OES
4. Coordinate with local utilities to assess power restrictions or limitations.	OES
5. Consider activating the EOC to the extent necessary.	OES
6. Implement a method to track extreme heat emergency related deaths and medical emergencies.	PH
7. Determine whether or not to proclaim a local emergency (or public health emergency).	PH/ BOS
AWARENESS	
1. Release extreme heat emergency protective measures to all media sources	PH/PIO
2. Release locations of Cooling Centers to all media sources	OES
3. Post locations of Cooling Centers on the county website.	OES
4. Enter Cooling Center information into the State OES website.	OES
5. Establish regular public official briefings to include weather updates and actions taken and planned.	PH/OES
6. Activate a “hot line” for public information.	OES/PIO
COOLING CENTERS	
1. Standby or begin activating pre-identified Cooling Centers and identify additional Cooling Centers that may be needed.	OES
2. Direct public buildings to provide cooling center areas to those in need as appropriate.	OES/CEO
3. Schedule regular reporting and monitoring procedures with cooling centers.	OES
TRANSPORTATION	
1. Notify para-transit and other transportations resources of the potential need to transport individuals to cooling centers.	HHSA/OES/PW

PHASE III – Heat Emergency

PLANNING	
1. Declare Emergency (local and/or Public Health) as appropriate	PH/BOS
2. Activate the EOC	OES
3. Request state activation of State emergency cooling centers	OES
4. Monitor and determine the need for more cooling centers	PH/OES
5. Track extreme heat emergency related fatalities and medical emergencies	PH
6. Prioritize public offices that should remain open and close others to conserve energy	PH/CEO/Agency Directors/PG&E POC
7. Establish regular briefings with the NWS	PH/OES/NWS
AWARENESS	
1. Establish regular media releases.	PH/OES/PIO
2. Issue targeted extreme heat emergency advisories to vulnerable populations.	PH/PIO
3. Notify ambulance providers and hospitals to expect and prepare for surge.	PH/MHOAC
COOLING CENTERS	
1. Ensure pet and animal extreme heat emergency impacts are being addressed through special facilities or pet accommodations at cooling centers.	OES
2. Assess supplies at each cooling center	OES
3. Assess need for backup generators and arrange procurement, if needed.	OES
TRANSPORTATION	
1. Notify transportation resources as the needs arise for transporting individuals to cooling centers	HHSA/OES/PW
2. Ensure all fleet vehicles fuel tanks have ample fuel in the event of power failure	Agency Directors/PW

Heat Index Readings & Associated Health Risks:

The heat index is how hot the heat- humidity combination makes it feel. As relative humidity increases, the air seems warmer than it actually is because the body is less able to cool itself via evaporation of perspiration. As the heat index rises, so do the health risks:

3. When the heat index is 90°F, heat exhaustion is possible with prolonged exposure and/or physical activity.
4. When it is 90°-105°F, it is probable with the possibility of sunstroke, heat cramps or heat exhaustion with prolonged exposure and/or physical activity.
5. When it is 105°-129°F, sunstroke, heat cramps or heat exhaustion is likely, and heatstroke is possible with prolonged exposure and/or physical activity.
6. When it is 130°F and higher, heatstroke and sunstroke are extremely likely with continued exposure. Physical activity and prolonged exposure to the heat increase the risks.

		Relative Humidity (%)																			
		5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Temperature (°F)	80	77	78	78	79	79	79	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	81	78	79	79	79	80	80	81	81	82	82	83	84	85	86	86	87	88	90	91	
	82	79	79	80	80	80	81	81	82	83	84	84	85	86	88	89	90	91	93	95	
	83	79	80	80	81	81	81	82	82	83	84	85	86	87	88	90	91	93	95	97	99
	84	80	81	81	81	82	82	83	83	84	85	86	88	89	90	92	94	96	98	100	103
	85	81	81	82	82	82	83	84	84	85	86	88	89	91	93	95	97	99	102	104	107
	86	81	82	83	83	83	84	85	85	87	88	89	91	93	95	97	100	102	105	108	112
	87	82	83	83	84	84	85	86	87	88	89	91	93	95	98	100	103	106	109	113	116
	88	83	84	84	85	85	86	87	88	89	91	93	95	98	100	103	106	110	113	117	121
	89	84	84	85	85	86	87	88	89	91	93	95	97	100	103	106	110	113	117	122	
	90	84	85	86	86	87	88	89	91	92	95	97	100	103	106	109	113	117	122	127	
	91	85	86	87	87	88	89	90	92	94	97	99	102	105	109	113	117	122	126	132	
	92	86	87	88	88	89	90	92	94	96	99	101	105	108	112	116	121	126	131		
	93	87	88	89	89	90	92	93	95	98	101	104	107	111	116	120	125	130	136		
	94	87	89	90	90	91	93	95	97	100	103	106	110	114	119	124	129	135	141		
	95	88	89	91	91	93	94	96	99	102	105	109	113	118	123	128	134	140			
	96	89	90	92	93	94	96	98	101	104	108	112	116	121	126	132	138	145			
	97	90	91	93	94	95	97	100	103	106	110	114	119	125	130	136	143	150			
	98	91	92	94	95	97	99	102	105	109	113	117	123	128	134	141	148				
	99	92	93	95	96	98	101	104	107	111	115	120	126	132	138	145	153				
	100	93	94	96	97	100	102	106	109	114	118	124	129	136	143	150	158				
	101	93	95	97	99	101	104	108	112	116	121	127	133	140	147	155					
	102	94	96	98	100	103	106	110	114	119	124	130	137	144	152	160					
	103	95	97	99	101	104	108	112	116	122	127	134	141	148	157	165					
	104	96	98	100	103	106	110	114	119	124	131	137	145	153	161						
105	97	99	102	104	108	112	116	121	127	134	141	149	157	166							
106	98	100	103	106	109	114	119	124	130	137	145	153	162	172							
107	99	101	104	107	111	116	121	127	134	141	149	157	167								
108	100	102	105	109	113	118	123	130	137	144	153	162	172								
109	100	103	107	110	115	120	126	133	140	148	157	167	177								
110	101	104	108	112	117	122	129	136	143	152	161	171									
111	102	106	109	114	119	125	131	139	147	156	166	176									
112	104	107	111	115	121	127	134	142	150	160	170	181									
113	104	108	112	117	123	129	137	145	154	164	175										
114	105	109	113	119	125	132	140	148	158	168	179										
115	106	110	115	121	127	134	143	152	162	173	184										
116	107	111	116	122	129	137	146	155	166	177											
117	108	112	118	124	132	140	149	159	170	181											
118	108	113	119	126	134	142	152	162	174	186											
119	109	114	121	128	136	145	155	166	178												
120	110	116	122	130	138	148	158	170	182												
121	111	117	124	132	141	151	162	174	187												
122	111	118	125	134	143	154	165	178													
123	112	119	127	136	146	157	169	182													
124	113	120	129	138	148	160	172														
125	114	121	130	140	151	163	176														

Heat Index



Extreme Danger	Heat stroke likely.
Danger	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	Fatigue possible with prolonged exposure and/or physical activity.

Definitions:

Cool Zones: A Cool Zone is a location to get out of the heat for a period of time to let your body cool down. Cool Zone facilities may include libraries, community centers, malls, and senior centers. During a heat event, community and senior centers may extend hours into the evening to give citizens a longer period of respite.

Cooling Centers: A Cooling Center is a temporary air-conditioned **public space set up by local authorities** to deal with the health effects of extreme heat over an extended period of time. Usually sited at several locations throughout a city, Cooling Centers are meant to prevent hyperthermia, especially among the elderly without air conditioning at home. Cooling Centers provide shade, water, and sometimes medical attention, along with referrals to social services.

Cooling Stations: – **Facilities** that can be used for heat relief **that are exempt from rotating power outages** (mandated by CPUC Decision 02-04-060, 4/25/02). Typically these are facilities such as hospitals, skilled nursing facilities, etc.

Heat Advisory: - A Heat Advisory is issued **within 12 hours** of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be **100° or higher for at least 2 days, and night time air temperatures will not drop below 75°**; however, these criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously ill or even die.

Excessive Heat Outlook is issued **3-5 days in advance** of an event to give advance notice of the possibility of excessively hot conditions. Criteria match those of an Excessive Heat Warning. If predicted weather conditions continue to hold, an Outlook may become an Excessive Heat Watch.

Excessive Heat Watch is issued 36-48 hours **in advance of** an event to give advance notice of the possibility of excessively hot conditions. Criteria match those of an Excessive Heat Warning.

Excessive Heat Warning is issued 0-36 hours in advance of an excessive heat event that is expected to last 2 days or more. An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the **maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°**; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.