

2024 HEAT RESPONSE PLAN

Tyler / Smith County

PURPOSE

This plan is designed to serve as a guide and to provide useful information to the public. Users are encouraged to direct all questions to the appropriate designated agencies.

..... AS ALWAYS, IN AN EMERGENCY, PLEASE CALL 911

RESPONSIBILITY/LEAD AGENCY

The City of Tyler Fire Department is the lead agency for the Heat Response Plan. Other agencies or human service entities needing information or administrative assistance should call the City of Tyler Fire Department at (903) 535-0005 as the primary contact and/or the Northeast Texas Public Health District at (903) 535-0037 as the secondary contact. For public affairs information call the Northeast Texas Public Health District at (903) 535-0020. Call 211 as an additional resource.

SCIENCE

Exposure to excessive heat can cause illness, injury, and death. Approximately 658 people die each year from exposure to heat due to weather conditions, and many more people die from health conditions that are exacerbated by exposure to excess heat. Heat waves bring unusually high temperatures that may last for days or weeks. Although the human body has effective systems to cool itself, these mechanisms are insufficient under some conditions. In such cases, a person's body temperature may rise rapidly. Very high body temperatures can cause severe damage to the brain and other vital organs and even death. Fans alone may not be as effective above 90 degrees with high humidity. If overheated, people should be advised to seek air conditioning. Air conditioning is the leading protective factor against heat-related illness and death. (CDC)

To better understand the scope of heat exposure, mortality data for 1999-2010 was used to review heat-related deaths in the United States overall. During this period, 7,415 heat-related deaths occurred, an average of 618 per year. In 5,201(72%) of these deaths, the underlying cause was exposure to excessive heat, and heat was a contributing factor in the remaining 2,032 (28%) deaths. Heat-related deaths were reported most frequently among males (5,567; 69%) and adults aged 65 years (2,621; 36%). Almost all heat-related deaths occurred during May- September (7,621; 94%), with the highest numbers reported during July (3,145; 39%) and August (2,138; 26%), and the three states with the highest burden were Arizona, Texas, and California accounted for 43% of all heat-related deaths. (CDC)

Most heat-related deaths occur during the summer months. Heat-related illness can be prevented by knowing who is at risk and what prevention measures to take. Those at highest risk from heat (groups without access to air conditioning for at least a few hours of the day) include:

- the elderly, ages 65 and older
- socially isolated individuals (homebound, homeless)
- the physically disabled
- individuals that are overweight
- persons with chronic medical conditions (ex., diabetes, heart disease)
- infants and children up to 4 years old
- persons taking certain medications (neuroleptics, anticholinergics).

Heat Advisory: *Hot temperatures are expected to make heat illnesses possible; local weather reports announce this.*

This will create a situation in which heat-related illnesses are possible. Very high body temperatures can cause severe damage to the brain and other vital organs and even death.

The Tyler Fire Department recommends caution during the Heat Advisory. Fans alone may not be very effective above 90°F with high humidity. If overheated, seek air conditioning. Air conditioning is the leading protective factor against heat-related illness and death. Therefore, stay in air conditioning as much as possible. If you must be outdoors, stay out of direct sun, wear lightweight, loose-fitting clothing, and consume at least 5-7 oz. of water every 20 minutes.

It is also advisable to check on our family and neighbors, especially the elderly and those without air conditioning.

PRECAUTIONS *Hydration and access to air conditioning are the most critical interventions to decrease the human impact of a heat wave.*

- Alternate periods of work with periods of rest. The U.S. Military has produced guidelines that can be applied to civilians.
http://www.stripes.com/polopoly_fs/1.184840!/menu/standard/file/rest.pdf
- Drink plenty of fluids. Water is best, and sports drinks should be consumed in moderation. Avoid alcohol, as it will worsen conditions. Bottled water is available from the Salvation Army or PATH.
- Stay in an air-conditioned room
- Stay out of the sun as much as possible
- Check up on relatives and neighbors
- Do not leave unattended children and pets in vehicles. Heat can build up rapidly. See the chart below.

Estimated Vehicle Interior Air Temperature v. Elapsed Time

Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

MEDICAL EVALUATION


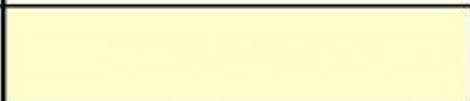
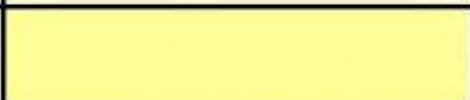





Individuals at risk for heat injuries can call 911 for a medical evaluation/heat check. Paramedics will respond to identify any heat-related problem and provide transport to the appropriate medical facility in the event of an emergency.

Early Signs of Dehydration

- Dark yellow and brownish urine. See chart below:

AM I HYDRATED?

Urine Color Chart

1		If your urine matches these colors, you are drinking enough fluids
2		Drink more water to get the ideal color in Shade 1 and 2.
3		Dehydrated
<hr style="border: 2px solid red;"/>		
4		You may suffer from cramps and heat-related problems
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

Signs & Symptoms of Heat Exhaustion include:

- Heavy sweating
- Weakness & fatigue
- Cold, pale, moist, clammy skin
- Rapid, weak pulse.
- Headaches, dizziness, lightheadedness, blurred vision or fainting
- Muscle cramps
- Nausea & vomiting

- Rapid and Shallow breathing
- Mood changes such as irritability or confusion

Signs & Symptoms of Heat Stroke include:

- Body temperature greater than 103°F
- Sweating stops, and skin is hot, red, and dry
- Rapid, strong pulse
- Change in mental status (confused, passed out, slurred speech, inappropriate words)
- Nausea
- Dizziness
- Throbbing headache
- Unconsciousness

**Prevent Heat Illnesses.
Know the signs and act.**

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body Temperature above 103° Red, hot, dry skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air-conditioned place.
- Drink water if fully conscious.
- Take a cool shower or use cold compresses.

CALL 9-1-1

- Take immediate action to cool the person until help arrives.

SAFETY DEPENDS ON ME!
UNITED STATES
FEDERAL SERVICE

**Seek Immediate Medical Assistance for Heat-Related Illnesses.
Call 9-1-1.**

See page 3.

For persons overcome by heat:

- Call 9-1-1 immediately
- Move to a cool, shaded area or air-conditioned room
- Loosen and/or remove clothing
- Apply a water-soaked towel (or ice pack wrapped in a towel) to the head and armpits
- Give a small cup of water (only if conscious and not nauseous)

For more information, visit our website (www.tylerfiredept.com) and click on the 2021 Heat Response Plan link, or call 903-535-0005.

COVID-19**RETURNING TO SPORTS OR OUTDOOR ACTIVITIES FOLLOWING COVID-19**

Persons recovering from COVID-19 infections must seek medical advice before returning to outdoor or sporting activities in extreme heat or hot environments. These persons and athletes need close monitoring when acclimating to hot outdoor environments.

SHELTERS**COVID-19 AND SHELTER REQUIREMENTS:**

All sheltering locations shall modify their occupancy guidelines to follow the State of Texas and the Governor's orders and declarations. CDC guidelines and considerations shall also be followed.

Overnight Locations:

- Salvation Army - 24-hour shelter for homeless or near homeless with a capacity of 200. (903) 592-4361. In case of a declared emergency, additional space for 250 is available in the Disaster Shelter
- American Red Cross - Open on demand. Depends on the declared emergency. (903) 581-7981 or 1-866-505-4801
- Hiway 80 Rescue Mission- 601 Valentine St. Tyler, Texas. (903)-617-6097

Daytime Locations:

Salvation Army 633 N. Broadway, Open 24 hours, 7 days a week, (903) 592-4361

Local Fire Stations

Broadway Square Mall and other retail outlets On the City bus route

Movie Theaters

Churches: Check with individual churches regarding activities or capability to accommodate the public

PATH: 402 W. Front Street Mon-Thur 8-6 Water and cooling station.

City of Tyler Facilities: Tyler Fire Department Various locations. Call 903-535-0005 or 911

Glass Recreation Center 501 W. 32nd St., Monday through Friday 7 am-10 pm, Saturday, 9 am-3 pm, closed Sunday. Open to the public during posted hours with an estimated capacity of 500 individuals. Call to inquire about the actual remaining available capacity. Activities can be scheduled by calling (903) 595-7271

Tyler Public Library 201 S. College. Monday through Thursday 10 am-7 pm, Friday 10 am-6 pm, Saturday 10 am-5 pm, Sunday 1 pm-5 pm. Open to the public during posted hours with an Estimated capacity of 120 individuals. Activities can be scheduled through the library for Taylor Auditorium (capacity 100) by calling (903) 593-7323

Senior Citizen Activity Center: 1915 Garden Valley Road, (903) 597-0781 for additional information about services, 8 am to 5 pm Monday through Friday, estimated capacity 125

Rose Garden 420 Rose Park Drive, (903) 531-1349, 8 am-5 pm. Monday through Friday, with an estimated capacity of 200

Swimming Pools

Fun Forest Park. Hours/Days of operation: June 2-August 11.

Closed Sunday, Monday, and Tuesday

Open: Wednesday – Noon to 6 p.m., Thursday – Noon to 6 p.m.,

Friday – Noon to 6 p.m., Saturday – 10 a.m. to 6 p.m., Sunday

1 p.m. to 6 p.m.

Smith County Day Time Locations

- Smith County Office of Emergency Management (903) 590-2649
- Smith County ESD #1 (903) 882-3443
- Smith County ESD #2 (903) 617-6578
- Smith County Sheriff's Office non-emergency (903)566-6600
- 911

TRANSPORTATION:

The following agencies might provide transportation for at-risk individuals en route to air-conditioned shelters or daytime locations. Please get in touch with the individual agency for availability.

- Family, Friends, Neighbors
- Tyler Transit
- Hospital courtesy vans
- Cab companies

IDENTIFICATION OF ISOLATED/ELDERLY/AT-RISK INDIVIDUALS

The following should make an effort to identify those who are at risk and connect them to transportation and air conditioning. Remember, many do not have telephone or internet access.

- Family, Friends, Neighbors
- Fire Departments
- Police and Sherriff’s Departments (especially beat officers)
- Neighborhood Crime Watch
- Emergency Medical Services (EMS)
- Meals on Wheels
- Senior Citizen Center
- Emergency Care Centers
- Hospital Emergency Rooms
- Home Health Nursing
- Public Health Case Managers/Outreach Workers
- Animal Control Officers
- Church Volunteers
- Citizen Volunteers
- East Texas Council For Independent Living - particularly for disabled residents
- Stand Alone ERs / Urgent Care centers

WELFARE CONCERN:

Should a concern exist, please get in touch with one of the following:

- Tyler Police Department (903) 531-1000 to request a welfare visit by a Police Officer.
- Smith County Emergency Dispatch / Fire Department and Sheriff’s Office (903) 566-6600
- Lindale Emergency Dispatch / Fire and Police (903) 882-3313
- For emergencies, call **911**.
- People with disabilities, such as access and functional needs, limited mobility, communication barriers, transportation assistance, personal care, and special medical assistance, should register with the **State of Texas Emergency Assistance Register (STEAR)-Public**. <https://www.dps.texas.gov/dem/stear/public.htm>.
- If you do not have access to the internet, you can register for **STEAR** over the phone by dialing **211**.
- The **City of Tyler Fire Department** and the **Smith County FMO** within the City of Tyler proper and Smith County are the lead agencies for the **State of Texas Emergency Assistance Register (STEAR)- Public**.

PUBLIC AFFAIRS NETWORK/HOTLINE

Provides updated information to the public

- 2-1-1 Texas at United Way www.211texas.org
- American Red Cross (903) 581-7981 www.redcross.org/tx/easttexas
- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- Northeast Texas Public Health District (903) 535-0020 www.mynethealth.org
- KTBB AM600/KRWR 92.1 FM (903) 593-2519, news@ktbb.com

- KETK NBC56 (903) 581-5656 newsroom-KETK@nexstar.tv
- KLTV Channel 7 (903) 510-7777 newsroom@kltv.com
- KYTX CBS19 (903) 581-2211 sjackson@cbs19.tv
- Tyler Morning Telegraph (903) 596-6265, news@tylerpaper.com
- Alpha Media Group KOYE (LaInvasora) 96.7 FM, KKUS 104.1 FM, KYKX 105.7 FM, KOOI 106.5 FM, Sports AM 1370, 903-581-9966
- Town Square Media KTYL 93.1 FM, KKTX 96.1 FM, KNUE 101.5 FM, KISX 107.3, 903-581-0606
- Reynolds Radio Mega FM 99.3, The Blaze 102.7/106.9 FM (903)-581-5259
- Other Media (see telephone book)
- City of Tyler Access Channel, www.cityoftyler.org, or (903) 533-7444
- SMITH COUNTY PIO 1-903-590-4607
- ATMOS Gas Service 1-866-322-8667 to report a natural gas emergency (24/7)
- Center Point Energy 1-800-259-5544 to report a natural gas emergency (24/7)
- ONCOR 1-888-313-4747 to report down lines, power outages (24/7)

UTILITY ASSISTANCE PROGRAMS:

Individuals with problems concerning payment should contact their electric company to develop a payment plan if needed. Agencies that may assist with temporary utility bill assistance include:

- Greater East Texas Community Action Program (GETCAP) (903) 592-3828 or (800) 621-5746. Also offers assistance with Water and Gas. www.get-cap.org
- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- People Attempting To Help (PATH) (903) 597-7284 www.pathhelps.org
- Churches

WATER

Bottled water **might be** available from:

- Salvation Army (903) 592-4361 www.salvationarmytexas.org/tyler
- PATH (903) 597-4044 www.pathhelps.org
- PATH can also serve as an indoor cooling station. Monday – Thursday 8-6.

DONATIONS:

To donate water, cooling packs, fans, air conditioners, and transportation services, contact:

- Tyler Fire Department (903) 535-0005
- People Attempting To Help (PATH) (903) 597-4044
- Salvation Army (903) 592-4361
- Meals on Wheels (903) 593-7385
- KLTV Channel 7 (903) 510-7777
- KETK NBC56 (903) 581-5656
- KYTX CBS19 (903) 581-2211
- Smith County ESD 2 (903)-617-6578

REPORTING SYSTEMS:

Emergency Rooms and EMS Providers keep records of the number of heat-related injuries and illnesses to monitor the community and permit future development of Heat Response Plans. The Texas Department of State Health Services (DSHS) EMS staff coordinates this.

USERS OF THIS PLAN: Users of this plan are encouraged to direct questions to the above-identified agencies.

ADDITIONAL INFORMATION

If issues are not addressed in this plan or if users have additional questions, they are encouraged to contact the designated agencies listed in this document.

 Recoverable Signature

X David L. Coble

David L. Coble
Fire Chief, EMC, City of Tyler, Texas
Signed by: David Coble



George Roberts
Chief Executive Officer
Northeast Texas Public Health District



Brandon Moore
Emergency Management Coordinator
Smith County