

# 2018 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 of this plan 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 400 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, under some conditions, these mechanisms are not enough. In such cases, a person's body temperature may rise rapidly. Very high body temperatures can cause severe damage to the brain, 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.

To better understand the scope of heat exposure, mortality data for 1999-2009 was used to review heat-related deaths in the United States overall. During this period, 7,233 heat-related deaths occurred, an average of 658 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 (4,955; 69%) and among adults aged 65 years (2,621; 36%). Almost all heat-related deaths occurred during May- September (6,821; 94%), with the highest numbers reported during July (2,825; 39%) and August (1,925; 27%).

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

- the elderly
- socially isolated individuals (homebound, homeless)
- the physically disabled
- persons with chronic medical conditions
- infants
- persons taking certain medications (neuroleptics, anticholinergics).

**Heat Advisory: A period of hot temperatures is expected and will create a situation in which heat illnesses are possible; they are announced by local weather reports.**

This will create a situation in which heat related illnesses are possible. Very high body temperatures can cause severe damage to the brain, 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, try to stay out of direct sun, wear light weight, 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 our 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](http://www.stripes.com/polopoly_fs/1.184840!/menu/standard/file/rest.pdf)
- Drink plenty of fluids. Water is best; sports drinks in moderation; avoid alcohol, as this will worsen conditions. Bottled water is available from 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


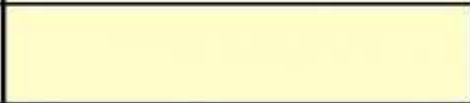






Individuals at risk for heat injuries can call 911 for a medical evaluation / heat check. Paramedics will respond to identify any heat related problem and to provide for transport to the appropriate medical facility in the event of an emergency.

### Early Signs of Dehydration

- Dark yellow and brownish urine. See chart below:

# **AM I HYDRATED?**

## **Urine Color Chart**

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

Signs & Symptoms of Heat Exhaustion include:

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

For persons overcome by heat:

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

For more information, visit our website ([www.tylerfiredept.com](http://www.tylerfiredept.com)) and click on the link for the **2018 Heat Response Plan**, or call 903-535-0005.

## **SHELTERS**

### **Overnight Locations:**

- Salvation Army - 24 hour shelter for homeless or near homeless with a capacity of 200. (903) 592-4361. In case of declared emergency, additional space for 250 is available in the Disaster Shelter
- American Red Cross - Open on demand. Depends on 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 City bus route
- Movie Theaters
- Churches Check with individual churches regarding activities or capability to accommodate the public

**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 7am-10pm, Saturday 9am-3pm, closed Sunday. Open to the public during posted hours with estimated capacity of 500 individuals. Call to inquire about actual remaining available capacity. Activities can be scheduled by calling (903) 595-7271

Tyler Public Library 201 S. College. Monday through Thursday 10am-7pm, Friday 10am-6pm, Saturday 10am-5pm, Sunday 1pm-5pm. 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, 8am to 5pm Monday through Friday, estimated capacity 125

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

Swimming Pools

- Fun Forest Park. June 2-August 11. Closed Sunday and Monday. Tuesday through Thursday 1pm-6pm, Friday and Saturday 1pm-7pm.

**Smith County Day Time Locations**

**Arp Sites:**

Arp VFD  
Station #1: 107 W. Longview, Arp 75750  
Monday-Friday 7-6 pm  
Station #2: 12125 CR 246 S. Arp 75750  
Monday-Friday 9-4 pm

**Bullard Sites:**

Bullard Community Library, 211 W. Main Street, Bullard, TX 75757  
Joanna Buntner, Director (903) 894-6125  
Bullard VFD  
Station #1: 213 S Houston St, Bullard 75757  
Monday-Friday 7-6 pm  
Station #2: 2281 CR 1174, Bullard 75757  
Monday-Friday 9-4 pm

**Chapel Hill Sites:**

Chapel Hill VFD  
Station #1: 13801 CR 220, Tyler 75707  
Monday-Friday 8-5 pm

**Dixie Sites:**

Dixie VFD  
Station #1: 584 CR 1143, Tyler 75704  
Monday-Friday 7-6 pm  
Station #2: 10109 FM 724, Tyler 75704  
Monday-Friday 9-4 pm

**Flint Sites:**

Flint VFD  
Station #1: 18823 FM 2493, Flint 75762  
Monday-Friday 8-5 pm

- Jackson Heights Sites:** Jackson Heights VFD  
Station #2: 19832 SH 31 East, Tyler 75707  
Monday-Friday 8-5 pm
- Lindale Sites:** Lindale Community Library, 200 E. Hubbard. Capacity 200  
Tuesday through Thursday 10:00 a.m. to 6:00 p.m.,  
Friday through Saturday 10:00 a.m. to 4:00 p.m.  
Closed Sunday and Monday (903) 882-1900  
Lindale VFD 208 E. Hubbard St. Lindale, Texas 75771  
(903)-882-3343
- Noonday Sites:** Noonday Community Library, 16662 CR 196 Tyler, Texas  
Noonday VFD Station #1: 16619 SH 155 S, Tyler 75703  
Monday-Friday 8-5 pm
- Overton Sites:** Overton Public Library. Daytime hours only.
- Red Springs:** Red Springs VFD  
Station #1: 16759 FM 14, Tyler 75706  
Monday-Friday 8-5 pm
- Troup Sites:** Troup Community Library, 102 S. Georgia Street, Troup, TX 75789  
Tuesday through Wednesday 1:00 p.m. to 5:00 p.m.  
Thursday 3:00 to 5:00 p.m., Friday 10:00 a.m. to 4:00 p.m.  
Saturday 9:00 a.m. to 1:00 p.m. (903) 842-3101.  
Troup VFD:  
Station#1: 204 E Wilkinson, 75789  
Monday-Friday 8-5 pm
- Whitehouse Sites:** Whitehouse Community Library, 107 Bascom Road, Whitehouse, TX  
Monday, Tuesday, Thursday 12:00 p.m. to 6:00 p.m.  
Whitehouse YMCA, 301 Terry St. (903) 839-9622  
Hours: Monday through Friday 5:30 p.m. to 9:00 p.m.  
Saturday 8:00 a.m. to 4:00 p.m. (903) 839-2949  
Whitehouse VFD  
20510 SH 110 S, Troup 75789  
Monday-Friday 8-5 pm
- Winona Sites:** Winona VFD  
Station #1: 1111 Dallas St, Winona 75792  
Monday-Friday 7-6 pm  
Station #2: 11525 Hwy 155 N, Tyler 75708  
Monday-Friday 9-4 pm

## **TRANSPORTATION:**

Transportation for at-risk individuals enroute to air conditioned shelters or daytime locations might be available through the following agencies. Please contact 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 effort to identify those who are at risk and to get them connected 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 ER's / Urgent Care centers

## **WELFARE CONCERN:**

Should a concern exist, please contact 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, including 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** is the **Lead Agency** for the **State of Texas Emergency Assistance Register (STEAR)-Public** within the City of Tyler proper.

## **PUBLIC AFFAIRS NETWORK/HOTLINES:**

Provide information to the public about what they should do, some general information on avoiding heat related illness, and where to go for air conditioned relief.



- **2-1-1 Texas** [www.211texas.org](http://www.211texas.org)
- Northeast Texas Public Health District (903) 535-0037 [www.mynethealth.org](http://www.mynethealth.org)
- City of Tyler Access Channel (903) 533-7444 [www.cityoftyler.org](http://www.cityoftyler.org)
- Ready.Gov [www.ready.gov](http://www.ready.gov)
- Christus Trinity Mother Frances Hospital (903) 593-8441 [www.tmfhc.org](http://www.tmfhc.org)
- UT Health Tyler (903) 877-7000 [www.uthct.edu](http://www.uthct.edu)
- United Way of Smith County (903) 581-6376 [www.uwsmithcounty.org](http://www.uwsmithcounty.org)
- Salvation Army (903) 592-4361 [www.salvationarmytexas.org/tyler](http://www.salvationarmytexas.org/tyler)
- American Red Cross: Tyler (903) 581-7981 / Longview: (903) 753-2091  
<http://www.redcross.org/local/texas/north-texas/locations/east-texas>  
Phone Apps are available through smartphone app store.
- Tyler Morning Telegraph (903) 597-8111 [www.tylerpaper.com](http://www.tylerpaper.com)
- KTBB 97.5 FM / KRWR 92.1 FM (903) 593-2519 [www.ktb.com](http://www.ktb.com)
- KETK NBC 56 (903) 581-5656 [www.ketknbc.com](http://www.ketknbc.com)
- KLTV Channel 7 (903) 510-7777 [www.kltv.com](http://www.kltv.com)
- KYTX CBS 19 (903) 581-2211 [www.cbs19.tv](http://www.cbs19.tv)
- Alpha Media Group KOYE (La Invasora) 96.7 FM, KKUS 104.1 FM, KYKX 105.7 FM, KOOI 106.5 FM (903) 581-9966
- TownSquare Media KTYL 93.1 FM, KKTX 96.1 FM, KNUE 101.5 FM, KISX 107.3 FM, (903) 581-0606
- Reynolds Radio MegaFM 99.3, The Blaze 102.7/106.9 FM, (903) 581-5259
- Other Media – See Telephone Book

### **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](http://www.get-cap.org)
- Salvation Army (903) 592-4361 [www.salvationarmytexas.org/tyler](http://www.salvationarmytexas.org/tyler)
- People Attempting To Help (PATH) (903) 597-7284 [www.pathhelps.org](http://www.pathhelps.org)
- Churches

### **WATER**

Bottled water **might be** available from:

- Salvation Army (903) 592-4361 [www.salvationarmytexas.org/tyler](http://www.salvationarmytexas.org/tyler)
- PATH (903) 597-4044 [www.pathhelps.org](http://www.pathhelps.org)

### **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 Volunteer Fire Departments

(903) 590-2655

**REPORTING SYSTEMS:**

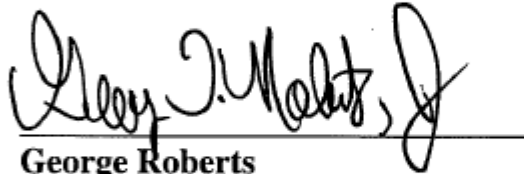
Emergency Rooms and EMS Providers keep records of the number of the number of heat related injuries and illnesses in order to allow monitoring of the community and to permit future development of Heat Response Plans. This is coordinated by Texas Department of State Health Services (DSHS) EMS staff.

**USERS OF THIS PLAN:** Users of this plan are encouraged to direct questions to the above identified agencies. Should issues not be addressed in the plan, or if questions remain unanswered, users should contact the lead agency.

**REVIEWED:**



**David Coble**  
**Fire Chief / Emergency Management Coordinator**  
**City of Tyler, Texas**



**George Roberts**  
**Chief Executive Officer**  
**Northeast Texas Public Health District**



**Connie McCoy-Wasson**  
**Fire Marshall / Emergency Management Coordinator**  
**Smith County, Texas**

