Contingency Plan for Heat/Cold Weather Events
Summer 2025

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Revision History

Origin/Revision #	Date	Action	Pages Involved
Original	July 2009	Approved by EPC	
Revision # 1	November 11, 2010	Deleted and/or issuance of heat warning	7, 8, 9, 15, 16, 24, and 25
Revision # 2	2012	Submitted to EPC for approval as part of ERP	
Revision # 3	Nov 2014	Integration of Heat Cold information	
Revision # 4	Jan 2015	Plans Review Committee	
Revision # 5	June 2020	Plan reviewed and updated	
Revision # 6	Summer 2022	Plan reviewed and updated	
Revision #7	Spring 2023	Appendix N: Updated link to current California Extreme Temperature Response Plan	35
Revision #8	January 2024	Appendix N: Provided link to CDPH Crisis Care Continuum/Crisis Standards of Care	35
Revision #9	January 2024	Appendix N: Added link to CDC Emergency Preparedness and Response Information for Specific Groups with DAFN information	19, 35
Revision #10	July 2024	Appendix I: Updated list of Ventura County Cooling Centers and Stations	27-28
Revision #11	May 2025	Thresholds Activation Thresholds Appendix A Appendix C Appendix N	Cover 9 14 20 41

Executive Summary

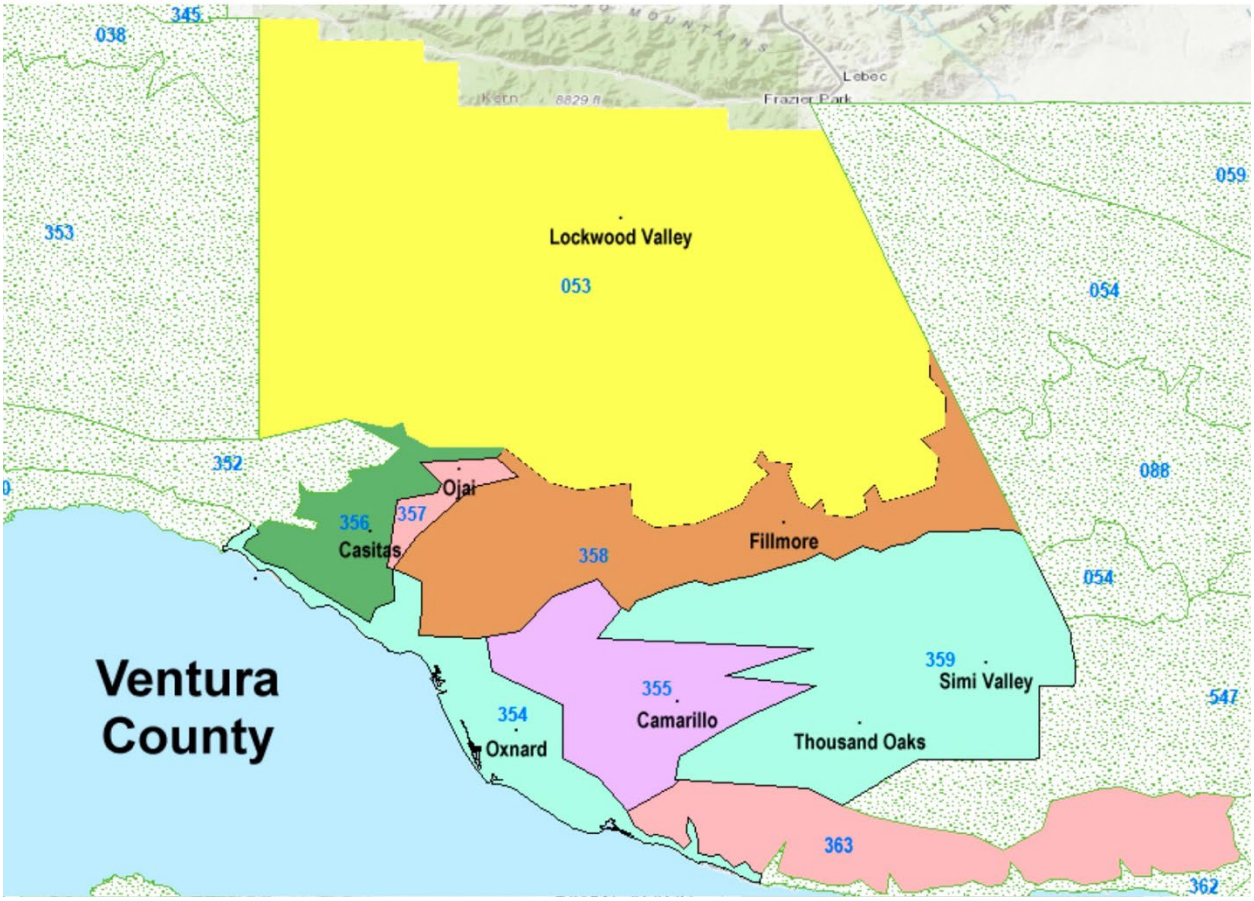
This is a contingency plan supporting the County of Ventura during adverse heat/cold events. The plan designates Ventura County Public Health (VCPH) as the lead coordinating agency during an excessive heat/cold weather event.

The plan recognizes the need for VCPH to communicate with the National Weather Service (NWS), Ventura County Sheriff's Office of Emergency Services (OES), Ventura County Human Services Agency (HSA), the Area Agency on Aging (AAA), cities, the American Red Cross (ARC) and other community stakeholders. This coordination and collaboration will lead to more efficient coordination and utilization of resources, provide public communication and alerts, and assure the well-being of the county's population - especially its most vulnerable residents such as those with disabilities, access and/or other functional needs.

The plan recognizes three (3) phases of activation, corresponding to the State's plan:
1. Seasonal Readiness, 2. Heat or Cold Freeze Alert, and 3. Heat or Cold Freeze Warning. These phases will be activated based on the severity of the risk of extreme temperatures.

Included in the plan are the purpose, goal, scope and background for the development of the plan, descriptions of the conditions triggering each phase of the plan, actions that the responsible agencies and organizations will take at the time of an event and an appendix with the specific hot and cold weather considerations to be considered in the decision to act, reference material from the National Oceanic and Atmospheric Administration (NOAA), definitions, city jurisdiction plans as available, public information messages and website links for additional information.

Ventura County has a particular topography where weather events that do not meet specific thresholds are considered dynamically, based on population resilience and preparedness related to the specific event. The weather forecasts are issued in our operational areas designated by NWS as shown below (meteorological zones of Ventura County).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Purpose

This plan describes the roles and responsibilities of County agencies, disaster-related organizations and potential issues associated with an excessive heat/cold weather event. The impact of extended heat/cold weather places the public, especially Ventura County's vulnerable communities, who are at increased risk for adverse health effects related to a period of excessive/extended temperatures, and associated electrical outages. The document outlines activities that State, County, Cities and volunteer organizations may assume to ensure:

- Disaster/emergency management operations and support are coordinated with local jurisdictions as needed to assist them with establishing and maintaining heating/cooling centers, stations, or voluntary relief centers to provide relief from the weather
- Clients and stakeholders receive necessary support, including opening appropriate facilities as cooling centers or stations as described above

Additionally, this plan was developed to ensure effective support and interagency coordination in accordance with the following laws and guidelines:

- Emergency Services Act (ESA)
- Standardized Emergency Management System (SEMS) and the National Incident Management System (NIMS)
- California Medical and Health Emergency Operations Manual

Existing state plans and information are available on the California Office of Emergency Services (OES) website.

Scope

This plan was developed to provide guidance for a flexible and scalable response to extreme weather events. An extreme temperature is defined in the California Extreme Temperature Response Plan as "environmental temperatures (high or low) that are often slow to develop, taking several days of continuous oppressive extreme temperatures before a significant or quantifiable impact is seen. Traditionally, extreme temperatures do not strike victims immediately, but rather have cumulative effects that, over time, negatively impact the lives of the vulnerable populations. Extreme temperatures may also negatively impact pets, livestock, and agricultural crops." This document addresses operational area (OA) response to an extended heat wave or prolonged cold temperatures that endangers the lives of the citizens of the County, especially the fragile / vulnerable populations. Included in the vulnerable population under consideration are seniors, those who are medically fragile, those living alone, disabled individuals, and/or others with functional needs. Considerations for pets and livestock are also discussed in this plan. This document briefly addresses the type of support that can be made available from local government, including:

- Establishing readiness for a response to extreme heat/cold events
- Notifications to the public via a variety of available means including social media and the VC Alert System
- Support to accommodate the at-risk population including those with disabilities and functional needs

- Opening local buildings and public facilities, such as community centers to provide refuge from the weather
- Logistical support as needed to make Centers, Stations, or Voluntary Relief Centers available and fully functional for temporary use as refuge
- Transporting the vulnerable population to and from the Cooling Centers or Stations
- Establishing cooling centers/warming stations for pets as necessary

Background on Heat

In 2006, California experienced a heat wave exceeding the previous record of nine continuous days with temperatures 100 degrees Fahrenheit (F) or greater. More than one hundred deaths were recorded statewide. Excessive temperatures greatly impact Ventura County's vulnerable communities who are more at risk for heat-related complications. Due to the increased demand on the electrical grid, energy conservation has and will continue to be requested as a mechanism to forestall rolling blackouts. Cooling Centers and Cooling Stations (See Appendix I) have been identified as a means to provide residents a source of relief from the heat.

"Any individual, regardless of age, sex or health status can develop heat stress if engaged in intense physical activity and/or exposed to environmental heat (and humidity). Physiologic mechanisms maintain the core body temperature (i.e., the operating temperature of vital organs in the head or trunk) in a narrow optimum range around 37° C (98.6°). When core body temperature rises, the physiologic response is to sweat and circulate blood closer to the skin's surface to increase cooling. Over a period of one-to-two weeks, exposure to conditions that elevate body temperature, such asphysical activity and/or environmental heat results in the process of physiological adaptation,"acclimatization". When acclimatized, the body produces more dilute sweat, and heart rate and body temperature increase less than when not acclimatized.

If heat exposure exceeds the physiologic capacity to cool, and core body temperature rises, then a range of heat-related symptoms and conditions can develop – from relatively minor treatable heat cramps to severe life threatening heat stroke, which is always an extreme medical emergency. Even when acclimatized, adequate hydration is critical to avoid the development of heat-related illness." (California Office of Emergency Services, State of California Contingency Plan for Excessive Heat Emergencies, April 2008).

Background on cold

Although rare, prolonged cold and freezing temperatures in areas not normally accustomed to colder climates could have major impacts in terms of the economy and on the health and well-being of citizens,especially those with limited access to resources or those with Disabilities Access and Functional Needs (DAFN). During the winter of 1998/1999, freezing temperatures heavily impacted agricultural resources in the Central Valley of California, resulting in damages of nearly $130 million. In terms of human impacts, extreme cold has the potential to disrupt the health and well-being of millions of Californians. For example, record snowfall and freezing

temperatures in December 2021 resulted in numerous power outages for several consecutive days. The result of this was the need for several counties around the state to open shelters and warming centers for an extended period of time.

Thresholds (Activation Phases)

The Ventura County weather planning consideration will be activated upon receipt of heat/cold specific weather information. This information will be sourced from the local office of the National Weather Service. The planning efforts delineated in the following phases will commence and serve as a guide in the decision-making process. This type of response is predicated when Ventura County experiences a weather event with temperatures exceeding 100 degrees Farenheit (F) projected to last more than a few days as well as temperatures 30 degrees For lower.

In accordance with the State's plan for weather emergencies, Ventura County will follow a three-phase response.

Phase I: Seasonal Readiness

Ventura County will coordinate with stakeholder agencies involved in heat/cold planning and event response. Additionally, VCPH may participate in and/or initiate public awareness campaigns in the summer (May-August) and/or winter (November-February), utilizing a variety of media resources and that including information derived from special weather statements

Phase II: Heat or Cold/Freeze Alert

This phase is predicated on the receipt of a National Weather Service non-routine decision support email and/or an excessive heat watch / freeze watch about excessive weather or power outages during warmer/colder than normal weather conditions.

Actions include: periodic or daily calls as needed among the key stakeholders with weather and power updates, stand-by or activation of centers, facilities or voluntary relief centers, and public announcements of location of cooling centers or stations.

Phase III: Heat or Cold/Freeze Warning

Weather emergency triggered by two or more consecutive days of high to very high heat risk and issuance of excessive heat warning or 32 degrees F or less and issuance of a freeze warning by the National Weather Service. At times of peak demand, utility companies' requests for energy conservation efforts have assisted in avoiding rolling blackouts.

Actions include: publishing information about active cooling/heating centers, cooling/heating stations and voluntary relief centers that have been identified and opened to provide residents with relief from the heat or cold. VCPH and HSA may work with OES to contact vulnerable members of the population for wellness checks, and to advise of resources available in the form of heating/cooling centers and methods of available transportation. Contact may take place either manually or by the county's VC Alert electronic system. Establish communication with 211 (Essential Community Services), and issue press releases with locations of cooling

centers or stations and advice to mitigate the weather effects. Public Health will monitor the situation and communicate with necessary stakeholders as needed.

Assumptions

a. Temperature extremes (hot and cold) are becoming more common.
b. Weather conditions vary widely from one geographic region to another.
c. Response to heat/cold events will be dependent on available resources .
d. People are best acclimated to the climate in which they live and work.
e. Logistical support and coordination based on information from local agencies and NOAA will be provided by Public Health. VCPH will communicate with OA stakeholders as needed.
f. Local agencies are the first responders to heat/cold events and request aid through mutual aid processes when necessary.
g. Operations at the county level will not preclude cities from establishing cooling centers or stations It is expected, however, that cities will notify applicable county agencies (VCPH, HSA, OES) if these centers are opened.
h. The impacts of extreme heat are more likely to occur during the summer months.
i. The impacts of extreme cold are more likely to occur during the winter months
j. Electrical power resources may experience disruptions due to the increase demand on established systems during an extreme heat/cold event.
k. Extreme temperatures can be potentially life-threatening to the population, including pets and livestock.
l. Individuals with disabilities and/or functional needs are at increased risk during a heat/cold event.
m. The homeless population may require temporary housing during extreme temperatures.

Roles and Responsibilities

It is important to note that preparation is a large part of appropriately responding to an extreme heat or cold event. Care providers should assess risk levels for individual circumstances and plan to the best of their ability for extreme heat or cold events. For example, hospitals should maintain and test back-up generators to ensure operational power and climate control during an electrical outage. Another example is that a care provider makes sure that a patient's oxygen concentrator is operational after regaining electrical power. Individuals and/or businesses with pets or livestock should ensure necessary resources for such an event which may include cooling measures for animals such as shade and access to water during a sustained heat event. Individuals or businesses involved in agriculture should prepare for extreme heat/cold events by working with local agricultural commissioners or other local resources to mitigate crop damage or loss.

All bullet points are points for consideration or conversation by response agencies in collaboration. They are meant to serve as a guide to drive conversation related to response activities.

Public Health - Emergency Medical Services Agency (EMSA)

- Coordinates support to medical facilities and other stakeholders
- Assists in identifying the need for local cooling/heating centers, cooling/heating stations or voluntary heat/cooling relief centers
- Collaborates in identifying and responding to the needs of vulnerable populations
- Works with PIO to issue press releases concerning heat/cold-related illness and safety based on established trigger points
- Provides critical information to the Emergency Planning Council, Board of Supervisors and other elected officials
- Coordinates and provides heat/cold-related information to 211. In addition, share information with groups, agencies or organizations that serve vulnerable populations, including but not limited to sharing locations of open cooling centers or stations
- Coordinates with cities regarding health needs of residents
- Activates public health staff to assess status of high-risk individuals who live alone during weather emergencies and take appropriate actions
- Provide operational area situation status report (SitRep) per the EOM

Sheriff's Office of Emergency Services (OES)

- Directs countywide response resources in support of the Ventura County Operational Area
- Monitors National Weather Service forecasts
- Coordinates and issues warnings via pre-established alert/notification systems
- Activates County Emergency Operations Center to coordinate emergency response activities as needed
- Assists in providing informational releases to the public
- Procures state and federal assistance as needed
- Coordinates with other local agencies and local governments' informational releases and resource support

National Weather Service (NWS)

- Provides notification of heat and cold events via email to key partners in Ventura County including: Weather Watches, Warnings, and Advisories
- Provides GIS shape files of the maximum and minimum temperatures and heat index forecasts on the NWS website (www.weather.gov/losangeles)
- Notifies interested parties of anticipated start and end of heat/cold-related event**.** Maintains current information on the NWS heat risk webpage
- Provides hazard and warning products and other useful data via the Weather and Hazards Data Viewer

Human Services Agency (HSA)

- Initiates phone contacts and/or home visits when appropriate to ensure the well-being of adults/elderly, and other special needs/vulnerable clients with documented health conditions; contact may take place either manually or by the county's VC Alert electronic dialing syste
- May provide outreach to clients for the various social service programs for which displaced individuals may be entitledUpon HSA determination, provides benefit assistance to individuals and families in sheltering, warming or cooling centers/stations

211 (information and referral call line)

- Provides information & referral to public calls
- Maintains central list of open cooling/warming cooling centers or stations for public information
- When a heat/cold event occurs, 211 will receive notification and updates from VCPH

Area Agency on Aging (AAA)

- Coordinates with VCPH and HSA to address needs of the elderly. AAA can arrange and/or provide meals for seniors and their caregivers who are at the heating /cooling centers. Information regarding cooling centers or stations or ways to stay cool/warm can be distributed in advance to seniors through the Senior Nutrition Program contractors and other senior services providers

American Red Cross (ARC)

- During extended periods of weather, the chapter will issue weather safety messages through its normal public affairs channels. This information will also be included in community disaster education/preparedness presentations during this period
- If either rolling or unplanned blackouts occur and are expected to last for extended periods, the Chapter will open cooling centers or stations in the affected areas. These will be minimally staffed, open during extended daylight hours only, and may provide meals and snacks
- The chapter will issue press releases regarding any opening of cooling centers or stations and inform VCPH and community partners, including animal regulation

Animal Services (VCAS)

- Facilitates the use of fairgrounds in support of local government needs
- Coordinate the disposal of dead livestock
- Coordinates pet care for residents of cooling centers or stations
- Provides cooling/heating center support as needed

City and County Agency EOCs and DOCs (Department Operations Centers)

- Coordinate activation of any stations, centers and voluntary relief centers with VCPH

- City EOCs will activate according to their own city activation plan as the need arises in the geographic area and will communicate needs to the County EOC
- County agencies may activate their DOCs to assist in assessing the impacts on vulnerable populations as well as addressing any health related issues
- Transportation resources may need to be considered for those individuals or populations at risk

Regional Emergency Operations Center (REOC)

- Cal OES may activate the Regional EOC and the State Operations Center to coordinate the support activities of the state that include tasking state agencies, procuring federal resources, issuing public information releases, keeping the Governor and Legislature informed

Recovery

Public Assistance

As stated in the California State Plan, "Cal OES responds to and aids in the recovery from emergencies under the California Emergency Services Act (ESA), the California Disaster Assistance Act (CDAA), the federal Stafford Act and other disaster related legislation. Cal OES provides assistance to local governments, special districts, tribal nations, certain nonprofit organizations, individuals, businesses and agricultural communities impacted by disaster(s)."

Emergency costs incurred by local agencies in response to a heat/cold event may be recovered under the California Disaster Assistance Act (CDAA) when the Governor has made a proclamation for a state of emergency. Eligible reimbursement may include a variety of costs for services that were needed to respond to the heat/cold event. Funding may be provided (on a cost-share basis to replace or repair facilities or infrastructure owned by the public).

Individual Assistance

A variety of individual assistance resources following a heat cold event are as follows.

- CA Employment Development Department (EDD)
- CA Department of Community Services and Development (CSD)
- CA Department of Health Care Services (DHCS)
- CA Department of Developmental Services (DDS)
- CA Department of Social Services (CDSS)
- U.S. Department of Agriculture (USDA)
- U.S. Small Business Administration (SBA)
- CA Department of Housing and Community Development (HCD)
- Voluntary and Community-Based Organizations

Residents who may be disproportionately affected by a heat/cold event such as those with disabilities, access and/or functional needs may require additional resources during recovery. If moved or evacuated during an event, caregivers and/or care providers should ensure that the needed resources for patient care and well being are operational and available upon returning to their

previous residence. This may involve collaboration of agencies depending on the needs of the individual including but not limited to case management and social services.

Appendices

Appendix A: NOAA/National Weather Service (NWS) Information

The National Weather Service (NWS) will issue an excessive heat warning for any duration of high to very high heat risk (typically 15-20 degrees above normal), and a freeze warning for temperatures below 32 degrees F for a duration of two or more hours.

The California State Warning Center is currently used as a "pass through" for information on a daily basis by the National Weather Service. NWS Weather Emergency Information received by the CSWC is then:

- Forwarded to the Operational Areas via the California Law Enforcement Telecommunications System (CLETS)
- Forwarded to third party distribution systems, the media and subscribing Emergency Managers through the Emergency Digital Information Service (EDIS)
- Items which meet thresholds of immediate action are also verbally transmitted to operational areas, Cal OES duty officers and other state duty officers. Such items are run away trains, flash flood warnings, tornado warnings and tsunamis

NOAA/National Weather Service (NWS) Information

NOAA/National Weather Service issues extreme weather products using the watch/warning/advisory concept. **Emails to partners** may be issued many days in advance of an event to provide an alert that some sort of damaging extreme heat or cold situation is possible. In addition to email, NOAA may also provide advance alerts of conditions using the Slack Workspace NWS Chat 2.0. In the case of heat, an **Advisory** is issued when the Heat Risk reaches a Level 2 based on the National Weather Service's Heat Risk scale (Appendix B). The Heat Risk scale ranges from 0-4 and indicates the level of heat stress for a location. **Watches**, usually issued 12-72 hours in advance of a potential weather event, indicate that the situation is likely to occur but details may be uncertain about timing, extent, and severity. **Warnings** indicate a high degree of confidence that the event will occur as described and they usually are issued within 36 hours of the event. **Warnings** may be issued even if a **watch** was not issued in advance. Normally a **watch** is upgraded to either an **advisory** or a **warning**.

Cold weather Specific information

California, in some years, experiences extreme freeze conditions that cause extensive crop damage and result in the shutdown of related processing plants, trucking companies that transport agricultural resources and affect other related services. This type of business shutdown results in high unemployment, and the ramifications are significant. For resource information relating to extreme cold/freeze conditions the following National Weather Service data is being included.
NOAA/National Weather Service issues frost and freeze products using the 'watch/warning' concept. Special weather statements may be issued several days in advance of an event to provide an alert that some sort of damaging freeze situation is possible. **Watches,** usually issued 12-72 hours in advance of a potential freeze event, indicate that the situation is likely to occur but details may be uncertain about

timing, extent and severity. **Warnings** indicate a high degree of confidence that the event will occur as described and they usually are issued within 36 hours of the event. **Warnings** may be issued even if a **watch** was not issued in advance. Similarly, **watches** may have been issued but conditions then change enough that a **warning** is not needed.

There are two types of cold weather products used in California. In general these products are only issued for lower elevation areas (below about 2000 feet MSL) such as the coastal valleys, the Central Valley and lower foothills and southern California agricultural areas where frost and freeze events are relatively rare. This also corresponds to the areas in California whose commercial agriculture is most vulnerable to freezing temperatures.

Frost Advisories - These are issued when widespread frost may occur with temperatures between 33-35 degrees F for at least two consecutive hours.

Freeze Warnings - These are issued for areas with significant commercial agriculture whenever freezing temperatures will occur for at least two consecutive hours. There are no freeze advisories.

NWS Winter Storm Warning

Hazardous winter weather conditions that pose a threat to life and/or property are occurring, imminent or likely. The generic term, winter storm warning, is used for a combination of two or more of the following winter weather events; heavy snow, freezing rain, sleet and strong winds. The following event-specific warnings are issued for a single weather hazard.

Blizzard Warning - Sustained winds or frequent gusts of 35 mph or greater, considerable falling and/or blowing snow reducing visibility frequently to 1/4 mile or less for a period of three hours or more. There are no temperature criteria in the definition of a blizzard, but freezing temperatures and 35 mph winds will create single digit wind chills.

Winter Storm Warning - Snowfall of 4 inches or more in 12 hours or less, or 6 inches or more in 24 hours or less. Heavier amounts of 8 to 12 inches needed in the mountains, respectively.

Appendix B: Heat Risk

Recently, the NWS phased out the criteria and terminology related to excessive heat warning for heat index of 105 degrees F or more. It was discovered that heat index, a combination of temperature and humidity, is often not a factor for a threatening heat event in southern California or western states in general. In the last few years the NWS has developed a different heat risk system that takes into account day and night temperatures, duration, climatology, and historical temperature records. As of June 2022, the NWS heat risk calculation also utilizes the CDC Social Vulnerability Index data that includes housing composition, social economics, and minority status. This has resulted in much better results in predicting heat waves, but it does prohibit use of an exact temperature threshold for a warning criteria as it depends on the impacts of the heat event more than a single value. In addition, the NWS now issues heat advisories for moderate risk heat events.

NWS Heat Risk Webpage

This page shows the next 7-days and gives a quick glance of the potential heat risk, you can click on the map over any location for a pop-up specifically for a point.

NWS thresholds for deciding when to issue a heat advisory or an excessive heat warning are built around these color-coded risk levels (below). In general, the more red on the map would likely trigger an advisory and the more magenta would be at a warning level, but there can be other factors like heat wave duration and time of year that influence that decision. NWS would normally have issued an excessive heat watch in advance of the advisory or warning for the potential of a significant heat wave, as well as messaged this through partner emails and social media accounts. Please note that preferred lead times are in the 3rd column.

Excessive Heat Warning (EH.W) NPWLOX	HeatRisk (Red to Magenta) over large area	0 – 36 hrs	For more information on the HeatRisk Program: https://goo.gl/Z1mK85
Excessive Heat Watch (EH.A) NPWLOX	HeatRisk (Red to Magenta) over large area possible	12 – 72 hrs	
Heat Advisory (HT.A) NPWLOX	HeatRisk (Orange to Red) over large area	0 – 36 hrs	

Numerical Value	Meaning	Who/What is at Risk?	How Common is this Heat?	For those at risk, what actions can be taken?
0	• Level of heat poses **little to no risk**	• No elevated risk	• Very Common	• No preventative actions necessary
1	• Heat of this type is **tolerated by most**; however there is a **low risk for sensitive groups** to experience health effects	• Primarily those who are extremely sensitive to heat	• Very Common	• Increase hydration • Reduce time spent outdoors or stay in the shade when the sun is strongest

				• Open windows at night and use fans to bring cooler air inside buildings
2	• **Moderate risk for members of heat sensitive groups** to experience health effects • **Some risk for the general population who are exposed to the sun and are active** • For those without air conditioning, **living spaces can become uncomfortable during the day**, but should cool below dangerous levels at night	• Primarily heat sensitive groups, especially those without effective cooling or hydration • Some transportation and utilities sectors	• Fairly common most locations • Very common in southern regions of country	• Reduce time in the sun between 10 a.m. and 4 p.m. • Stay hydrated • Stay in a cool place during the heat of the day • Move outdoor activities to cooler times of the day • Open windows at night
3	• **High Risk for much of the population who are 1) exposed to the sun and active or 2) are in a heat sensitive group** • **Dangerous to anyone without proper hydration or adequate cooling** • **Poor air quality** is possible • **Power interruptions may** occur as electrical demands increase	• Much of the population, especially people who are heat sensitive and those without effective cooling or hydration • Transportation and utilities sectors	• Uncommon most locations • Fairly common in southern regions of country	• Try to avoid being outdoors in the sun between 10 a.m. and 4 p.m. • Stay hydrated • Stay in a cool place especially during the heat of the day • If you have access to air conditioning, use it. Fans may not be adequate • Cancel outdoor activities during the heat of the day
4	• **Very High Risk for entire population** • **Very dangerous to anyone without proper hydration or adequate cooling.** • **This is a multi-day excessive heat event.** A prolonged period of heat is dangerous for everyone not prepared.	• Entire population is at risk. • For heat sensitive groups, especially people without effective cooling, **this level of heat can be deadly.** • Most Transportation and utilities sectors	• Rare most locations • Occurs up to a few times a year in southern regions of country, especially the Desert Southwest	• Avoid being outdoors in the sun between 10 a.m. and 4 p.m. • Stay hydrated • Stay in a cool place, including overnight • If you have access to air conditioning, use it. Fans will not be adequate

	• **Poor air quality** is likely. • **Power outages are increasingly likely** as electrical demands may reach critical levels.			• Cancel outdoor activities during the heat of the day

Appendix C: Health Information and Vulnerable Populations

Heat Related Illnesses

People at Increased Risk for Heat Related Illnesses:

- Older Adults (Aged 65+)
- Infants and Children
- People with Chronic Conditions
- People without Air Conditioning
- Athletes
- Outdoor Workers
- Pregnancy

Heat stroke

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Fatal if treatment delayed

First aid

- Call 911 for emergency medical care.
- Stay with the person until emergency medical services arrive.
- Move the person to a shaded, cool area and remove outer clothing.
- Cool the person quickly, using the following methods:
    - With a cold water or ice bath, if possible
    - Wet the skin
    - Place cold wet cloths on the skin
    - Soak clothing with cool water

- Circulate the air around the person to speed cooling.
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating.

Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

First aid

- Take perosn to a clinic or emergency room for medical evaluation and treatment.
- Call 911 if medical care is unavailable.
- Have someone stay with the person until help arrives.
- Remove the person from the hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool the person with cold compresses or have the person wash their head, face, and neck with cold water.
- Encourage frequent sips of cool water.

Rhabomyolysis

Rhabdomyolysis (rhabdo) is a medical condition associated with heat stress and prolonged physical exertion. Rhabdo causes the rapid breakdown, rupture, and death of muscle. When muscle tissue dies, electrolytes and large proteins are released into the bloodstream. This can cause irregular heart rhythms, seizures, and damage to the kidneys.

Symptoms of rhabdo include:

- Muscle cramps/pain
- Abnormally dark (tea or cola-colored) urine
- Weakness
- Exercise intolerance
- Asymptomatic

First aid

- Stop activity
- Drink more liquids (water preferred)
- Seek immediate care at the nearest medical facility.

- Ask to be checked for rhabdomyolysis (i.e., blood sample analyzed for creatine kinase).

Heat Syncope

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs when standing for too long or suddenly standing up after sitting or lying. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Symptoms of heat syncope include:

- Fainting (short duration)
- Dizziness
- Light-headedness from standing too long or suddenly rising from a sitting or lying position

First aid

- Sit or lie down in a cool place.
- Slowly drink water, clear juice, or a sports drink

Heat Cramps

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

Symptoms

- Muscle cramps
- Pain or spasms in the abdomen, arms, or legs

First aid

- Drink water and have a snack or a drink that replaces carbohydrates and electrolytes (such as sports drinks) every 15 to 20 minutes.
- Avoid salt tablets.
- Get medical help if the person:
    - Has heart problems.
    - Is on a low sodium diet.
    - Has cramps that do not subside within 1 hour

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

Symptoms of heat rash include:

- Red clusters of pimples or small blisters

- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

First aid

- Work in a cooler, less humid environment, if possible.
- Keep the rash area dry.
- Apply powder to increase comfort.
- Don't use ointments and cream

CDC Resources:

- People at Increased Risk for Heat-Related Illness | Extreme Heat | CDC
- Heat-related Illnesses | Heat | CDC

Cold Related Illnesses

Hypothermia

- Hypothermia can happen when a person is exposed to very cold temperature for a long period of time. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.
- Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know that it's happening and won't be able to do anything about it.
- While hypothermia is most likely at very cold temperatures, it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Risk factors

- Older adults with inadequate food, clothing, or heating
- Babies sleeping in cold bedrooms
- People who remain outdoors for long periods—people experiencing homelessness, hikers, hunters, etc.
- People who drink alcohol or use illicit drugs

Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

Early symptoms

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Late symptoms

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

First aid

Take the following steps to treat a person with hypothermia:

- Alert the supervisor and request medical assistance.
- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm them with an electric blanket or skin-to-skin contact.
- Provide warm beverages. Only give beverages to a conscious person.
    - Do not give the victim alcoholic beverages.
- After they have warmed up, keep the victim dry under a blanket.
- If victim has no pulse, begin cardiopulmonary resuscitation (CPR).

Immersion hypothermia from cold water

Cold water immersion creates a condition known as immersion hypothermia. It develops much more quickly than standard hypothermia. Hypothermia can occur in any water temperature below 70°F. Survival times can be lengthened by:

- Wearing proper clothing (wool and synthetics and not cotton)
- Using a personal flotation device (PFD, life vest, dry suit)
- Having a way to signal rescuers (strobe lights, whistles, flares)
- Having a way to be retrieved from the water.

Frostbite

Preventing Frostbite | Winter Weather | CDC

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes.

Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in:

- People with reduced blood circulation.
- People who are not dressed properly.

Symptoms

Symptoms of frostbite include:

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pail, waxy skin

First aid

People suffering from frostbite should:

- Get into a warm room as soon as possible.
- Avoid walking on frostbitten feet or toes.
- Immerse the affected area in warm (not hot) water.
- Warm the affected area using body heat.
    - For example, an armpit can warm frostbitten fingers.
- Do not rub or massage the frostbitten area.
- Do not use a heating pad, heat lamp, stove, fireplace, or radiator.
    - Affected areas are numb and can be easily burned

CDC Resources:

Preventing Hypothermia | Winter Weather | CDC
Cold-related Illnesses in Workers | Cold Stress | CDC

Infographic: cdc.gov/winter-weather/media/pdf/avoid-spot-treat-frostbite.pdf

Appendix D: Vulnerable Populations

Situational and physical characteristics help to identify vulnerable populations who may not comfortably or safely access and use disaster resources. Specifically, when discussing heat related emergency preparedness, the individuals that have disability, access and/or functional needs could be considered vulnerable or at greater risk in a heat emergency. In order to remain consistent with FEMA and the California Office of Emergency Services, disability, access and functional needs populations are defined as those whose members may have additional needs before, during and after an incident in functional areas, including but not limited to: maintaining independence, communication, transportation, supervision, and medical care. Individuals in need of additional response assistance may include those who have disabilities, live in institutionalized settings, are elderly, are children, are from diverse cultures, have limited English proficiency, or are non-English speaking, or are transportation disadvantaged. An individual with a disability is defined by the ADA as a person who had a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.

Considerations related to DAFN individuals, and the various roles/responsibilities are outlined and discussed in greater detail in the DAFN Annex of the County Emergency Operations Plan.

Other Considerations related to Small Children and animals (Hot Cars)

Cars with windows trap heat/light energy resulting increased temperature inside closed vehicles:

<u>Outside air = 85 degrees Fahrenheit</u>

- After 10 minutes: inside car = 102 degrees Fahrenheit
- After 30 minutes: inside car = 120 degrees Fahrenheit

<u>Outside air = 72 degrees Fahrenheit + humidity</u>

- After 30 minutes: inside car = 104 degrees Fahrenheit
- After 60 minutes: inside car = 112 degrees Fahrenheit

Appendix E: Transportation Considerations

The need to move people in an extreme cold/freeze emergency where power outage is a factor will most likely center on moving vulnerable populations to/from warming centers and/or medical facilities. Transporting under these circumstances can be very complex. Complications can be caused by a variety of factors including locating people that need to be transported, the medical condition of the individual, vehicle accessibility, pet and service animal issues, forced transport and liability issues.

Transportation providers linked via interagency agreements or other contractual arrangements could provide a valuable resource in time of emergencies and facilitate cost reimbursement for local agencies if a state and/or federal disaster is declared. These activities should be undertaken prior to any emergency in the preparedness phase of emergency management and included as a vital component in emergency plans and procedures.

Ventura County has a variety of resources within the jurisdiction to use in the movement of people during an extreme cold/freeze event. Transportation service systems specifically for people with disabilities and older adults need to be integrated into all evacuation and warming center (Cooling Center/Stationing) plans. Agreements should be developed between local governments and transportation providers in advance of an event, and should include crossing jurisdictions for mutual aid assistance. Disability and older adult transportation service providers should become routine partners in emergency planning. Agreements should be made with providers in advance of an event when possible. Resources for accessible transportation that may be available in an area may include:

ADA-mandated para transit systems/accessible transportation providers

Dial a Ride

Non-profits (i.e. United Cerebral Palsy)

Area Agencies on Aging

Private providers of services to people with disabilities

Taxi systems

Non-emergency vans, medical vans

School district transportation systems

Adult Day Health Care (ADHC)

Airport shuttle buses/airport car rental shuttle buses

Senior centers

Health care centers

Appendix F: Animal Vulnerabilities (in extreme weather)

California does have its few days of record cold temperatures, with ice and snow in parts of the state. Animal owners should be aware and ready to protect their pets and livestock to help them through these unusual cold spells. Following are a number of concerns and recommendations.

Concerns

- Our animals, especially indoor/outdoor pets, probably do not have an adequate winter coat for protection in these very low temperatures.
- Hypothermia and dehydration are the two most probable life-threatening conditions for animals in cold weather.
- Wet conditions and wind chill add greatly to the cold-stress for animals (and people).

Preventive actions to consider when the temperature is below freezing

- Pets should be brought inside or into protected covered areas, provided with plenty of bedding, food and drinking water.
- Livestock
- Livestock should be provided with wind-break and roof Cooling Center/Station, and monitored for signs of discomfort (extensive shivering, weakness, lethargy, etc.).
- It is very important that livestock be provided extra hay/forage/feed as up to double the calories for normal body heat maintenance may be needed in extreme cold.
- It is critical that animals have access to drinking water. Usual water sources may freeze solid in low temperatures and dehydration becomes a life-threatening factor. Many of our animals, especially the young, may not know how or be unable to break several inches of ice to reach water. In general, animals tend to drink less in extreme cold, risking dehydration. Research with horses shows horses drink more water if it is warmed during winter weather.
- Adding a warm sloppy bran mash, sloppy moistened beet pulp or soaking pelleted feed in warm water is a good way to add water to your horses' diet and provide some "comfort food" in the cold weather.

Special attention should be paid to very young and old animals. They may be less able to tolerate temperature extremes and have weaker immune systems.

Pets:

Dogs and cats are in danger of heat stroke 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.

Animals, especially indoor and outdoor pets do not have adequate winter coating for protection in very low temperatures. Hypothermia and dehydration are the two most common life-threatening conditions for animals in cold weather.

Prevention:

- Never leave pets in a car on warm days
- Call animal control or 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 fresh water
- Offer a cool place to rest when temperatures are uncomfortable

Treatment:

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

Livestock and Poultry:

Producers should assure that all livestock and poultry are provided adequate and accessible drinking water, shade, fans and water-cooling, where feasible. Many producers have 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. Livestock should be provided with a wind-break and roof Cooling Center/Station. They should also be monitored for signs and symptoms of discomfort such as extensive shivering, weakness, and lethargy.

During an excessive heat emergency, dairy producers have used a variety of temporary cow-cooling methods. Fire hoses can be hooked up to water trucks and used to soak the cattle. Strings of cows can be cooled in sprinkler pens, if they are not in constant use for milking. Temporary soaking lines can be devised using flexible landscaping PVC hose and high volume emitters positioned over the cattle. Industrial fans have been rented to augment these water cooling methods. Temporary shade structures have been erected. In general, working cattle should be avoided except in the early morning.

If producers are experiencing difficulties or delays in having dead animals picked up by rendering companies, they should immediately contact the Ag Commissioner, the local office of emergency services or department of environmental health 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.

Appendix G: Local Resources

For People with Disabilties Access and Functional Needs (DAFN)

Integrating people with disabilities and seniors into extreme cold/freeze emergency planning efforts, especially at a local level, will improve related services to vulnerable populations. In fact, it is essential that disability and senior service providers are partners in all disaster planning efforts. The following organizations provide services that may be useful for vulnerable populations during any emergency:

County In-Home Supportive Services (IHSS)
IHSS public authority
Paratransit
Dial a Ride
Deaf/hearing impaired organizations
Blind/visual impaired organizations
Independent living centers
Regional centers on developmental disabilities
Area Agencies on Aging
Adult Protective Services
Meals-on-wheels
Faith-based organizations
Postal service
Electric companies/other utility companies
Animal control
Community action agencies
Rotary Club
Lions/service organizations
Masons
Nursing homes
Residential care facilities for the elderly
Adult residential facilities
Community colleges and universities with disability services programs
Homeless Cooling centers or stations
Food kitchens
Local county food banks
Veterans of Foreign Wars
Health education training centers
Private providers of services to people with disabilities

Appendix H: Cooling Center Checklist

The following is a list of important criteria for setting up a cooling center. Additionally, **unless a special exemption has been given by the local Utilities**, facilities used as Cooling Centers are not exempt from rotating blackouts.

Important Criteria

Air conditioning or equivalent (temperature maintained at 79°F)
Accessible to people with disabilities /ADA compliant
Ample seating
Public restrooms accessible to people with disabilities
Access to potable water (drinking fountain, etc.)
Access to 911 services (payphone)
Publicly advertised
Parking access
Proximity to public transit

Suggested Criteria

Back-up generators
Secure, facility has security service
Communications, phone (including TDD/TTW), internet access, sign-language interpreters
Child friendly with materials for children to play with while at the cooling center
Medical Personnel such as nurses and/or aides
24 hour, 7 days a week operation
Large capacity
Personnel Assistance Services for people with disabilities
Available televisions, books, games
Transportation for those lacking their own, including wheelchair accessible services
Follow-up procedures for those in need of additional services (health care, social services, etc.)
Area for pets
Veterinary resources available if needed

Appendix I: List of Ventura County Cooling Centers and Stations

Camarillo	Camarillo Public Library 4101 Las Posas Road, Camarillo (805) 388-5222	
El Rio	Albert H. Soliz Library 2820 Jourdan Street, Oxnard (805) 485-4515	
Fillmore	Fillmore Active Adult Center 533 Santa Clara Street, Fillmore (805) 524-3030	Fillmore Library 502 Second Street, Fillmore (805) 524-3355
Moorpark	Moorpark City Library 699 Moorpark Avenue, Moorpark (805) 517-6370	Moorpark Active Adult Center 799 Moorpark Avenue, Moorpark (805) 517-6261
Oak Park	Oak Park Library 897 N. Kanan Road, Oak Park (818) 889-2239	
Ojai	Help of Ojai 111 W. Santa Ana Street, Ojai (805) 646-5122 Ojai Library 111 E. Ojai Avenue, Ojai (805) 646-1639	Oak View Library 555 Mahoney Avenue, Oak View (805) 649-1523
Oxnard	Main Library 251 S. A Street, Oxnard (805) 385-7500 **CLOSED FRIDAY Colonia Senior Center 197 North Marquita Street Oxnard, CA 93030 805-385-8028 South Oxnard Senior Center 200 Bard Road, Oxnard (805) 385-8042 Wilson Senior Center 350 North C Street Oxnard, CA 93030 805-385-8028	South Oxnard Library 4300 Saviers Road, Oxnard (805) 385-8129 **CLOSED FRIDAY Multipurpose Center – Colonia 1500 Camino Del Sol, Oxnard Palm Vista Senior Center 801 South C Street Oxnard, CA 93033 805-385-8163
Piru	Piru Library 3811 Center Street, Piru (805) 521-1753	
Port Hueneme	*Currently closed due to flood damage*	
Santa Paula	Santa Paula Community Center 530 W Main Street, Santa Paula (805) 933-4226	
Simi Valley	Simi Valley Public Library 2969 Tapo Canyon Road, Simi Valley (805) 526-1735	Simi Valley Senior Center 3900 Avenida Simi, Simi Valley (805) 583-6363
Thousand Oaks and Newbury Park	Thousand Oaks Alex Fiore Teen Center 1375 E. Janss Road, Thousand Oaks (805) 494-5156	Thousand Oaks Goebel Adult Community Center 1385 E. Janss Road, Thousand Oaks (805) 381-2744

	Thousand Oaks Grant R. Brimhall Library 1401 E. Janss Road, Thousand Oaks (805) 449-2660 Newbury Park Branch Library 2331 Borchard Road, Newbury Park (805) 498-2139	The Oaks Mall 344 W. Hillcrest Drive, Thousand Oaks (805) 495-2032
Ventura	Pacific View Mall 3301-1 E Main Street, Ventura (805) 642-5530 Saticoy Library 1292 Los Angeles Street, Saticoy (805) 671-5148	Avenue Library 606 North Ventura Avenue, Ventura (805) 643-6393 Hill Road Library 1070 S Hill Road, Ventura (805) 677-7180

Appendix J: Checklist for a "Warming Center"

The following is a list of important criteria for setting up a warming center. Additionally, **unless a special exemption has been given by the local utilities**, facilities used as warming centers are not exempt from rotating blackouts.

Important Criteria

Heating or equivalent (temperature maintained at a minimum of 68°)
Accessible to people with disabilities/ADA compliant
Ample seating appropriate to the jurisdiction
Public restrooms accessible to people with disabilities
Access to potable water (drinking fountain, etc)
Access to 911 services (phone or payphone)
Publicly advertised
Parking access
Proximity to public transit

Suggested Criteria

Back-up generators
Area for pets
Secure, facility has security service
Communications, phone (including TDD/TTY), internet access, sign-language interpreters
Child friendly with materials for children to play with while at the warming center
Medical personnel such as nurses and/or aides
24-hour, 7 days a week operation
Large capacity
Personnel assistance services for people with disabilities
Available televisions, books, games
Transportation for those lacking their own, including wheelchair accessible services
Follow-up procedures for those in need of additional services (health care, social services, etc.)
Veterinary resources available if needed

Appendix K: Definitions

The following terms are presented here with the commonly accepted definitions to avoid confusion and misunderstanding. Some of the terms may have different meanings outside of the scope of this plan. Weather definitions are NWS information.

211: Essential Community Services - Maintains a central list of warming/cooling centers and provides information and referrals to public calls.

Cooling Centers: facilities made available by public, private and volunteer organizations as a heat relief station. There is no agreement that these facilities will be exempt from power outages. Additional resources may be committed as needed and locations may need to remain open for extended hours until threshold drops below 105º F.

Cooling Stations: Facilities such as hospitals, skilled nursing facilities that are exempt from rotating outages. They allow their facility to be used for this purpose without compensation. Their hours of availability vary by facility.

Contingency Plan: Refers to a subset of an existing emergency plan focused on addressing the particulars of a specific emergency scenario (i.e., earthquake, flood, extreme cold/freeze, etc.).

Emergency Plans: As defined in Government Code §8560 (a) "Emergency plans" means those official and approved documents which describe the principles and methods to be applied in carrying out emergency operations or rendering mutual aid during emergencies. These plans include such elements as continuity of government, the emergency services of governmental agencies, mobilization of resources, mutual aid and public information.

Freeze: A freeze is when the surface air temperature is expected to be 32°F or below over a widespread area for a climatologically significant period of time. Use of the term is usually restricted to advective [horizontal air flow] situations or to occasions when wind or other conditions prevent frost. "Killing" may be used during the growing season when the temperature is expected to be low enough for a sufficient duration to kill all but the hardiest herbaceous crops.

Freezing Level: The altitude at which the air temperature first drops below freezing.

Freeze Warning: Issued during the growing season when surface temperatures are expected to drop below freezing over a large area for an extended period of time, regardless whether or not frost develops.

Heat Disorders: Conditions that result in the body's inability to maintain a normal temperature. The three major heat disorders are:

- Heat Cramps Symptoms: painful spasms usually in leg muscles and possibly the abdomen, heavy sweating.
- Heat Exhaustion Symptoms: heavy sweating, weakness, cold, pale and clammy skin, possible fainting and vomiting. Normal temperature is possible.
- Heat Stroke Symptoms: high body temperature (106° F or higher), hot, dry skin, rapid and strong pulse, possible unconsciousness.

Heat Index (also referred to as the "apparent temperature"): A factor used to determine how hot it feels based on temperature and relative humidity. Heat Index values can be up to fifteen degrees F higher with exposure to direct sunlight. Heat index values assume calm wind conditions. Hot dry winds can decrease heat index factors.

Heat Wave (Extreme/Excessive Heat Event): When temperatures reach 15-20 degrees or more above the average high temperature for the region, last, or predicted to last, for a prolonged period of time. A heat wave can be accompanied by high humidity.

Heat-Related Death: Most heat-related deaths are a direct result of heat stroke, which is almost always fatal when not treated. Dr. E. R. Donoghue (of the Chicago 1995 heat wave response) includes these as definitions of heat-related death: a measured body temperature of 105 degrees F at the time of death or immediately after; or other substantial circumstantial evidence of heat as a contributor to death (such as a decedent found in a room without air conditioning, all windows closed, and excessive ambient heat at time of discovery). Heat stroke is more likely to lead to death despite treatment if the decedent's condition was aggravated by other medical conditions.

Joint Information Center: A centralized facility for coordinating an organized, integrated, release of critical emergency information, crisis communications and public affairs functions, which is timely, accurate, and consistent.

Local Emergency: As defined in Government Code §8558 (c)"…means the duly proclaimed existence of conditions of disaster or of extreme peril to the safety of persons and property within the territorial limits of a county, city and county, or city, caused by such conditions as air pollution, fire, flood, storm, epidemic, riot, drought, sudden and severe energy shortage, plant or animal infestation or disease, the Governor's warning of an earthquake or volcanic prediction, or an earthquake, or other conditions, other than conditions resulting from a labor controversy, which are or are likely to be beyond the control of the services, personnel, equipment, and facilities of that political subdivision and require the combined forces of other political subdivisions to combat, or with respect to regulated energy utilities, a sudden and severe energy shortage requires extraordinary measures beyond the authority vested in the California Public Utilities Commission."

Local Government: As defined in SEMS Regulations §2402 (m) "means local agencies as defined in Government Code §8680.2 and special districts defined in California Code of Regulations, Title 19, §2900(y)."

Multi-Agency Cold Emergency Task Force: A working group formed at the direction of the Governor to establish health and safety protocols for public education and outreach efforts, safety checks on vulnerable Californians, evacuations of medical facilities and establishment of warming centers and information lines during future cold events.

Operational Area: As defined in Government Code §8559 (b) "An 'operational area' is an intermediate level of the state emergency services organization, consisting of a county and all political subdivisions within the county area."

Rotating Blackout: A process of cutting off service to selected customers for a predetermined period (usually not more than two hours) in order to retain the integrity of the power grid.

Standardized Emergency Management System (SEMS): As defined in California Code of Regulations §2400 as…"based upon the Incident Management System (ICS) adapted from the system originally developed by Firefighting Resources of California Organized for Potential Emergencies (FIRESCOPE) program including those currently in use by state agencies, the Multi-Agency Coordination System (MACs) as developed by FIRESCOPE program, the operational area concept, and the Master Mutual Aid Agreement and related mutual aid systems."

State Emergency Plan: As defined in Government Code §8560 (b) "…means the State of California Emergency Plan as approved by the Governor." (Where in effect as defined in Government Code §8568,"…The State Emergency Plan shall be in effect in each political subdivision of the state, and the governing body of each political subdivision shall take such action as may be necessary to carry out the provisions thereof.")

State of Emergency: As defined in Government Code §8558 (b)"…means the duly proclaimed existence of conditions of disaster or of extreme peril to the safety of persons and property within the state caused by such conditions as air pollution, fire, flood, storm, epidemic, riot, drought, sudden and severe energy shortage, plant or animal infestation or disease, the Governor's warning of an earthquake or volcanic prediction, or an earthquake, or other conditions, other than conditions resulting from a labor controversy or conditions causing a 'state of war emergency,' which, by reason of their magnitude, are or are likely to be beyond the control of the services, personnel, equipment, and facilities of any single county, city and county, or city and require the combined forces of a mutual aid region or regions to combat, or with respect to regulated energy utilities, a sudden and severe energy shortage requires extraordinary measures beyond the authority vested in the California Public Utilities Commission."

Synoptic Model: Any model specifying a space distribution of some meteorological elements. The distribution of clouds, precipitation, wind, temperature and pressure in the vicinity of a front is an example of a synoptic model.

Voluntary Relief Centers: City or governmental facilities, operating with air conditioning that is activated to allow public access during a heat event, without compensation.

Warming Centers: Facilities that are made available by public, private and volunteer organizations as an extreme cold/freeze relief station.

Appendix L: Acronyms

Acronyms used throughout this plan and their full names are listed below as they appear in the document:

AA/CA – After Action (report)/ Corrective Action (plan)

CAHAN – California Health Alert Network

Cal OES – California Office of Emergency Services

CAISO – California Independent System Operator

CCLHO – California Conference of Local Health Officers

CBO – Community-based Organizations

CCB – California Council of the Blind

CDFA – California Department of Food & Agriculture

CDPH – California Department of Public Health (formerly CDHS)

CHEAC – County Health Executives Association of California

CDSS – California Department of Social Services

CPUC – California Public Utility Commission

CRC – Regional Council of Rural Counties

CSAC – California State Associations of Counties

CSC – California Service Corps (now called California Volunteers)

CSWC – California State Warning Center

CUEA – California Utilities Emergency Association

DCA – Department of Consumer Affairs

DDS – Department of Developmental Services

DHCS – Department of Health Care Services (formerly CDHS)

DME – Durable Medical Equipment (i.e., wheelchairs, shower chairs)

DMH – Department of Mental Health

DOA – Department of Aging

DOR – Department of Rehabilitation

EAS – Emergency Alert System

EDIS – Emergency Digital Information System

EMSA – Emergency Medical Services Authority

EOCs – Emergency Operations Centers

FTB – Franchise Tax Board

GEOEC – Governor's Emergency Operations Executive Council

IHSS – In-Home Support Services

JEOC – Joint Emergency Operations Center (State level CDPH/EMSA)

JIC – Joint Information Center

JPA – Joint Powers Authority

LEAGUE – League of Cities

LEMSA – Local Emergency Medical Services Agency

MHOAC – Medical Health Operational Area Coordinator

MOT – Maritime Tropical Oppressive Air Mass

NGOs – Non-Governmental Organizations

NWS – National Weather Service

OA – Operational Area

OES – Office of Emergency Services

PD – Police Department

PHO – Public Health Officer

PIO – Public Information Office / Public Information Officer

PSAs – Public Service Announcements

REOC – Cal EMA Regional Emergency Operations Center (Coastal, Inland, Southern)

RDMHC – Regional Disaster Medical Health Coordinator

RDMHS – Regional Disaster Medical Health Specialist

RIMS – Response Information Management System

SEMS – Standardized Emergency Management System

SIRL – State Information and Referral Line

SNFs – Skilled Nursing Facilities

SOC – State Operations Center

SRO – Single Room Occupancy

Appendix M: Public Information

Increased readiness efforts must begin when high temperatures are forecast rather than when they arrive. Preparedness includes media spots, meetings, fairs that include circulation of pre-event preparedness materials to facilities and groups who have close contact with vulnerable populations. These outreach activities will assist in developing community-based partnerships to assist in the active phases during heat events.

Cal OES will initiate a heat awareness campaign during the month of May, or earlier in the event of forecasted heat events. Messages will also ensure that people with visual and hearing impairments receive disability and culturally appropriate materials:

- heat safety awareness (for all populations, including workers)
- heat safety health tips
- when to use 911 and hospital emergency departments
- advocacy of checking on family, friends, neighbors
- availability of resources nearby for assistance and respite

VCPH will initiate surveillance of cooling center activations and coordinate communication with other agencies involved.

Outreach should include the use of mass media as well as community education strategies:

- Sending notification and prevention tips through schools, businesses and associations
- Posting public information tips at hospitals, medical offices, grocery stores, and community centers
- Additional outreach to parks and recreation, coaches and outdoor activity venues, senior and day care centers and organizations serving non-English speakers

Joint Information Center (JIC) Activation

As a heat emergency unfolds, determine when to activate a JIC and bring together representatives from all responsible agencies to coordinate public information as needed. Previously developed heat emergency pre-scripted materials can be distributed to local agencies prior to any excessive heat event.

Appendix N: Helpful Website Resources

- Extreme Temperature Response Plan (ca.gov)

  Centers for Disease Control and Prevention – Extreme Heat
- Electric Power Disruption, Toolkit for Local Government - CalOES
- Heat Illness Prevention Resources – CalOSHA
- NWS Forecast Office Los Angeles, CA
- NWS Heat Risk Webpage
- NWS Weather and Hazards Data Viewer
- Weather.gov Help - Hazards Map
- Ready Ventura County Emergency Preparedness Guide
- US EPA Excessive Heat Events Guidebook
- https://www.healthmattersinvc.org/
- https://svi.cdc.gov/
- https://www.census.gov/topics/population/.html
- HHS emPOWER Map
- Information for Specific Groups|Emergency Preparedness and Response (cdc.gov)
- People at Increased Risk for Heat-Related Illness | Extreme Heat | CDC
- Heat-related Illnesses | Heat | CDCPreventing Hypothermia | Winter Weather | CDC
- Cold-related Illnesses in Workers | Cold Stress | CDC
- cdc.gov/winter-weather/media/pdf/avoid-spot-treat-frostbite.pdf
- Safe Pregnancies in Extreme Heat