



### Heat Safety Resources

With hot weather fast approaching [San Joaquin County Public Health](#) has very useful resources when it comes to heat [related illness](#) as well as other topics.

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#### HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>High body temperature (103°F or higher)</li> <li>Hot, red, dry, or damp skin</li> <li>Fast, strong pulse</li> <li>Headache</li> <li>Dizziness</li> <li>Nausea</li> <li>Confusion</li> <li>Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>Call 911 right away-heat stroke is a medical emergency</li> <li>Move the person to a cooler place</li> <li>Help lower the person's temperature with cool cloths or a cool bath</li> <li>Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>Heavy sweating</li> <li>Cold, pale, and clammy skin</li> <li>Fast, weak pulse</li> <li>Nausea or vomiting</li> <li>Muscle cramps</li> <li>Tiredness or weakness</li> <li>Dizziness</li> <li>Headache</li> <li>Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>Move to a cool place</li> <li>Loosen your clothes</li> <li>Put cool, wet cloths on your body or take a cool bath</li> <li>Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>You are throwing up</li> <li>Your symptoms get worse</li> <li>Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>Heavy sweating during intense exercise</li> <li>Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>Stop physical activity and move to a cool place</li> <li>Drink water or a sports drink</li> <li>Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>Cramps last longer than 1 hour</li> <li>You're on a low-sodium diet</li> <li>You have heart problems</li> </ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"> <li>Painful, red, and warm skin</li> <li>Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>Stay out of the sun until your sunburn heals</li> <li>Put cool cloths on sunburned areas or take a cool bath</li> <li>Put moisturizing lotion on sunburned areas</li> <li>Do not break blisters</li> </ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"> <li>Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>Stay in a cool, dry place</li> <li>Keep the rash dry</li> <li>Use powder (like baby powder) to soothe the rash</li> </ul>




#### ENFERMEDADES RELACIONADAS CON EL CALOR

EN QUÉ SE DEBE FIJAR	QUÉ HACER
<b>GOLPE DE CALOR</b>	
<ul style="list-style-type: none"> <li>Alta temperatura corporal (103 °F o más)</li> <li>Piel caliente, enrojecida, seca o húmeda</li> <li>Pulso acelerado y fuerte</li> <li>Dolor de cabeza</li> <li>Mareos</li> <li>Náuseas</li> <li>Confusión</li> <li>Pérdida del conocimiento (desmayos)</li> </ul>	<ul style="list-style-type: none"> <li>Llame al 911 de inmediato, el golpe de calor es una emergencia médica</li> <li>Lleve a la persona a un sitio más fresco.</li> <li>Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.</li> <li>No le dé a la persona nada para beber</li> </ul>
<b>AGOTAMIENTO POR CALOR</b>	
<ul style="list-style-type: none"> <li>Sudor abundante</li> <li>Piel fría, pálida, húmeda y pegajosa</li> <li>Pulso rápido y débil</li> <li>Náuseas o vómitos</li> <li>Calambres musculares</li> <li>Cansancio o debilidad</li> <li>Mareos</li> <li>Dolor de cabeza</li> <li>Desmayos</li> </ul>	<ul style="list-style-type: none"> <li>Vaya a un sitio fresco</li> <li>Aflójesse la ropa</li> <li>Aplicase paños húmedos en el cuerpo o dese un baño con agua fría</li> <li>Tome sorbos de agua</li> </ul> <p><b>Busque atención médica de inmediato si:</b></p> <ul style="list-style-type: none"> <li>Tiene vómitos</li> <li>Sus síntomas empeoran</li> <li>Sus síntomas duran más de 1 hora</li> </ul>
<b>CALAMBRES POR CALOR</b>	
<ul style="list-style-type: none"> <li>Sudor abundante durante ejercicios físicos intensos</li> <li>Dolor o espasmos musculares</li> </ul>	<ul style="list-style-type: none"> <li>Suspenda todo tipo de actividad física y vaya a un lugar fresco.</li> <li>Beba agua o una bebida deportiva</li> <li>Espere que los calambres desaparezcan antes de realizar más actividades físicas</li> </ul> <p><b>Busque atención médica de inmediato si:</b></p> <ul style="list-style-type: none"> <li>Los calambres duran más de 1 hora</li> <li>Usted sigue una dieta baja en sodio</li> <li>Usted tiene problemas cardiacos</li> </ul>
<b>QUEMADURAS SOLARES</b>	
<ul style="list-style-type: none"> <li>Piel dolorida, enrojecida y tibia</li> <li>Ampollas en la piel</li> </ul>	<ul style="list-style-type: none"> <li>Evite el sol hasta que se le cure la quemadura</li> <li>Aplicase paños fríos en las áreas quemadas por el sol o dese un baño con agua fría</li> <li>Aplicue loción humectante a las áreas quemadas</li> <li>No rompa las ampollas</li> </ul>
<b>SARPULLIDO POR CALOR</b>	
<ul style="list-style-type: none"> <li>Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)</li> </ul>	<ul style="list-style-type: none"> <li>Quédese en un lugar fresco y seco</li> <li>Mantenga el sarpullido seco</li> <li>Use talco (como talco para bebés) para calmar el sarpullido</li> </ul>




# General IHSS Provider Duties

As an IHSS provider, you may perform a variety of household tasks including meal planning & preparation, shopping, house cleaning, laundry, personal care, transportation to medical appointments and/or paramedical services. All tasks must be authorized by the IHSS social workers as shown on the recipient's "Notice of Action".

## DOMESTIC TASKS

- \* Vacuuming, dusting & sweeping
- \* Mopping kitchen & bath area
- \* Cleaning stovetop and countertops, in kitchen and bath areas
- \* Cleaning sinks, tub, & toilet
- \* Making beds & changing linens
- \* General tidying up
- \* Laundry (washing & folding, putting away laundry)

- Assistance with changing positions, walking, and/or moving from place to place

## PERSONAL CARE

- \* Bathing
- \* Grooming (hair care, shaving, dental)
- \* Dressing
- \* Feeding and/or assistance with eating
- \* Using the toilet
- \* Bowel/Bladder care
- \* Skin care
- \* Emptying trash
- \* Care and assistance with prosthesis

## MISCELLANEOUS

- \* Shopping
- \* Errands: bank, post office dry cleaners, etc.
- \* Accompany to appointments

## MEAL PREPERATION

- \* Miscellaneous
- \* Meal preparation/ planning
- \* Meal clean-up

## Tasks that are not authorized:

Lawn care or gardening, pet care (washing or walking pets), cleaning or cooking for other family members, moving furniture (or any other heavy items), heavy cleaning (unless authorized by social worker), anything that is not on the list of authorized services!

\*Please note that the tasks listed above are general tasks and not all Recipients will be authorized for all of the above services.

## CalSavers

CalSavers is available to California workers, like IHSS providers, whose employers do not offer a retirement plan or are self employed. For more information please click [here](#).

## IHSS Service Referral

Do you know someone who needs help with domestic and/or personal tasks to remain safety in their own home and avoid out of home placement? To apply for IHSS, the service referral can be completed by either:

1. Calling 209-468-1104
2. [Printing](#) and either mail/fax/drop off forms.

The Public Authority does not receive any service referrals or potential client applications.

## Are You In Need of a Provider?

Are you or someone you know a client who has been approved for IHSS but are in need of provider? The IHSS PA has a registry of providers who are looking to work for IHSS clients. Our registry providers have gone through and application, reference check, background check, and orientation before being added. A provider lists consists of about 5-7 providers who best match up to the needs/ preferences of the client . To request a list please call us at 1-800-491-1996.

**The IHSS client is the employer and is responsible for hiring and training their provider(s).**

## Staff Contact Information

- George McHugh; gmchugh@sjgov.org; 209-468-0852
- Claudia Pena Duran; cpduran@sjgov.org; 209-468-1233
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