

From: [Perlas, Char](#)
To: [AllMailboxes](#)
Subject: 6-21-21 All College Update
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Attachments: [Heat Related Illness.jpg](#)
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Hello Siskiyou and Happy Summer Solstice! Hope you're staying cool and hydrated!

This week's major update: Guidance from CalOSHA. The new guidance is noted below. Please submit any feedback you may have to your appropriate constituency president (ASM, CSEA, EA). A meeting has been scheduled on Thursday July 1st to review the guidance and feedback received. The group will present recommended changes to the COVID Mitigation, Implementation and Recovery Plan and I will send an email after the meeting to update the campus community. VP Melby will also be meeting with legal.

At a glance, here are the new guidelines:

1. **Fully vaccinated employees do not need to wear face coverings, unless they choose to.**
2. **Unvaccinated, or partially vaccinated, employees need to wear face coverings indoors and in vehicles with more than one person.**
3. **Unvaccinated, or partially vaccinated, employees are encouraged to wear face coverings outdoors, especially in crowded areas, but it's not required.**
4. **The District will supply respirators (N95 masks) to employees for use on a voluntary use basis when requested.**
5. **All employees can get tested during work time. Testing sites are available throughout Siskiyou County.**
6. **No physical distancing requirements in or out of the classroom.**
7. **Employee vaccination status can be validated through self-attestation. Employees are discouraged from asking students, visitors, guests, or employees about vaccination status.**

From now until July 1st, please continue following our current safety protocols. Your patience is truly appreciated as we, once again, transition to another operational phase.

Suggestion Box: 1 new recommendation: RE: Classified Appreciation - Since last month, the Administrative Services/HR team have been working on an appreciation event (similar to pre-COVID Classified Appreciation Events). We acknowledge the continued efforts and dedication of our staff. Stay tuned for more details in the upcoming weeks!

An excessive heat warning has been issued for valleys of western and central Siskiyou, including the Klamath River, Scott, McCloud, and Shasta Valleys. As a resource, below and attached are warning signs and symptoms of heat-related illness. Stay safe everyone!

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



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