



State of Connecticut  
Department of Developmental Services

Dannel P. Malloy  
Governor

Jordan A. Scheff  
Commissioner

Peter Mason  
Deputy Commissioner

**To:** DDS Leadership Team  
DDS Qualified Providers

**From:** Valencia Bagby-Young, Director of Health and Clinical Services

**Date:** June 8, 2018

**Re: REMINDER - HEALTH CONCERNS AND THE SUMMER**

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Summer has arrived! Please review the information contained in this memo, as well as, the Operational Procedure – [DDS: Summer Safety Alert](#). We must be certain to ensure that care and planning is used to protect everyone against the extremes of predictable heat, humidity and insect bites during the summer season.

The information below is not “new” news, but serves as a reminder to everyone of their responsibility as service providers to assist others in maintaining the best of health for an enjoyable summer.

Please review the following recommendations regarding activities during the summer months:

1. Listen to news and weather reports and, if they have announced health cautions related to heat and humidity, take heed and limit outside activities and exposure. The news media also may be providing warnings related to dangerous mosquito and tick infestations and associated spraying efforts in your neighborhoods.
2. Due to increased perspiration, staff should ensure that individuals have access to more fluids, especially for those who work outdoors.
3. On sunny days, regardless of heat, limit exposure to the sun and use sunscreen as directed.
  - a. Please know that sunscreens will need reapplication if used during swim activities or if the person perspires.
  - b. For some individuals who have a history of sensitivity to the sun or for those on medication causing sensitivity, sunscreen alone is not adequate. Activities for these individuals should be limited to shaded areas or not be outdoors at all.
4. Individuals with thinning or very short hair should wear caps to protect their scalps from burning.

5. If an activity or work is planned for the outdoors, such plans should be postponed or at least limited until weather conditions are accommodating.
6. If the individuals in your programs are outdoors in grassy or wooded areas, please ensure that appropriate clothes are worn to protect them from ticks and mosquitoes. Make certain to assist them in checking their clothes, skin, and scalp for ticks or insect bites. As mosquitoes are more prevalent at dawn and dusk, avoid outdoor activities for individuals at these times of the day.
7. Should individuals return home with an obvious sunburn, utilize your MD Orders for treatment. Seek clinical evaluation, however, if the sunburn is blistered or the individual shows signs and symptoms of being ill, a trip to the emergency room or walk-in clinic for evaluation would be indicated. As always your nurse should be contacted for any change in the individual's condition.
8. If you are in doubt as to whether an activity is appropriate, contact your team nurse.

**HAVE FUN AND ENJOY THE SUMMER!!!**