



State of California—Health and Human Services Agency
Department of Health Care Services



GAVIN NEWSOM
GOVERNOR

DATE: May 28, 2021

Behavioral Health Information Notice No: 21-025

TO: California Alliance of Child and Family Services
California Association for Alcohol/Drug Educators
California Association of Alcohol & Drug Program Executives, Inc.
California Association of DUI Treatment Programs
California Association of Social Rehabilitation Agencies
California Consortium of Addiction Programs and Professionals
California Council of Community Behavioral Health Agencies
California Hospital Association
California Opioid Maintenance Providers
California State Association of Counties
Coalition of Alcohol and Drug Associations
County Behavioral Health Directors
County Behavioral Health Directors Association of California
County Drug & Alcohol Administrators

SUBJECT: Statewide Excessive Heat Alert

PURPOSE: Provides notification to affected counties that the National Weather Service (NWS) has issued Excessive Heat Warnings and/or advisories for May 30 to June 1, covering Butte, Sacramento, San Joaquin, Shasta and Yolo counties due to forecasts of dangerous and excessive heat.

REFERENCE: [National Weather Service Website](#)

BACKGROUND:

Per the NWS, a significant warming trend will bring Moderate to High Risk heat impacts for the Sacramento Valley and adjacent foothills from 12 PM Sunday May 30 through 8 PM Tuesday June 1, 2021. High temperatures are expected to range from the Upper 90s to 110 degrees.

POLICY:

DHCS urges providers, employees and their families in the affected areas to take precautions and help reduce the risk of heat-related health problems.

KEY POINTS:

- Moderate and High Risk heat impacts across the Sacramento Valley and adjacent Foothills, including Sacramento, Stockton, Modesto, Yuba City, Chico and Redding.
- Temperatures are expected to be in the Upper 90s to 108 degrees, with isolated locations approaching 110 degrees on the hottest afternoons in the central and northern Sacramento Valley.
- Hottest afternoons are forecast to occur on Memorial Day (Monday) and Tuesday.

POTENTIAL IMPACTS:

- Groups sensitive to heat and those without effective cooling and/or adequate hydration are likely to be impacted, especially for those working outside or in a vulnerable population (including individuals wearing restrictive PPE).
- Increased risk of smoke and heat-related illnesses.

DHCS encourages individuals to take extra precautions during this heat wave and urges everyone to help reduce his or her risk of heat-related health problems. An excessive heat warning means that a prolonged period of dangerously hot temperatures will occur.

Actions should be taken to lessen the impact of the extreme heat. Stay indoors and seek air-conditioned buildings. Drink water, more than usual, and avoid dehydrating alcoholic, sugary, or caffeinated drinks. Dress for the heat - lightweight and light-colored clothing. Monitor those with a higher vulnerability to heat, including the elderly and small children. Check in on family, friends, and neighbors, especially the elderly. If engaging in outdoor activity, take longer and more frequent breaks and avoid the hottest parts of the day. Never leave kids or pets unattended in cars. Anyone overcome by heat should be moved to a cool and shaded location. Public cooling shelters are available in some areas. Consult county officials for more details, which may include guidance for proper social distancing measures.

Sincerely,

Original signed by

Kelly Pfeifer, M.D.
Deputy Director
Behavioral Health