



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



GAVIN NEWSOM
GOVERNOR

DATE: September 2, 2020

Behavioral Health Information Notice No: 20-051

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 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

REFERENCE: [National Weather Service Website](#)

PURPOSE: Provides notification to counties that the National Weather Service (NWS) has issued Excessive Heat Warnings and/or advisories for September 4 to September 8, covering large portions of California, due to forecasts of dangerous and excessive heat.

BACKGROUND:

Per the NWS, a significant warming trend will bring High Risk to Very High Risk heat impacts for much of the state through next week. Poor overnight recovery is expected across the Central Valley and Southern California. This may lead to heat related impacts especially for those working outside, including pandemic response activities. This heat event is similar to the event in mid-August with near-record high temperatures possible. However, NWS Regional Operations Center has noted that it is possible that max temperatures may not get quite as hot as currently forecasted due to smoke from the fires.

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

- High Risk and Very High Risk heat impacts across portions of Inland and Southern Regions expected beginning Friday into next week. High Risk heat impacts expected in inland areas of Coastal Region.
- Temperatures of 10-20 degrees above normal with near-record high temperatures are possible. Several heat-related Watches are in effect through Monday and Tuesday in affected areas.

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).
- Elevated concerns of fire weather in areas where excessive heat includes gusty winds.
- Poor air quality continues bringing additional impacts.
- 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. Public cooling shelters are available in some areas. Consult county officials for more details, which may include guidance for proper social distancing measures.

The California State Warning Center email address is Warning.Center@oes.ca.gov. If you have any questions or concerns, please contact the California State Warning Center at (916) 845-8911.

Sincerely,

Original signed by:

Kelly Pfeifer, M.D.
Deputy Director
Behavioral Health