



DATE: July 13, 2023

Behavioral Health Information Notice No: 23-033

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: Excessive Heat Warning

PURPOSE: Provides notification to counties and providers that the National Weather Service (NWS) has issued an [Excessive Heat Warning](#) from July 15 through July 17, throughout most of Central California.

REFERENCE: [National Weather Service Website](#)

BACKGROUND:

Per the National Weather Service, a significant warming trend will bring high risk heat impacts through most of Central California, with high temperatures of 112 – 117 degrees in the Kern County desert, maximum temperatures of 107 – 112 degrees in the San Joaquin Valley and Coastal Range, and maximum temperatures of 104 – 109 degrees in the Lower Sierra foothills, Yosemite Valley, and Kern River Valley. Counties directly affected by the Excessive Heat Warning include Amador, Fresno, Kern, Kings, Los Angeles, Madera, Mariposa, Merced, Riverside, San Bernadino, San Joaquin, Tulare, and Ventura.

POLICY:

The Department of Health Care Services (DHCS) urges behavioral health service providers, employees, and their families in the affected areas to take precautions and help reduce the risk of heat-related health problems. Behavioral health providers must ensure that emergency disaster and preparedness plans/protocols and current emergency contact information is in place and have available telephone numbers to county behavioral health directors. In addition, behavioral health service providers must

monitor patients taking antipsychotic and other forms of medications that have possible drug/heat or drug/cold exposure interactions.

KEY POINTS:

- An excessive heat warning means that a prolonged period of dangerously hot temperatures will occur.
- Sustained triple digit temperatures may cause strain to the state's power grid and may impact the operations of facilities.
- Increased runoff from snowpack melt in the Sierras may cause downriver flooding in low elevation areas, which may impact transportation.

POTENTIAL IMPACTS:

- Dangerous heat will result in a major to extreme risk for heat-related illnesses for much of the population, especially those who are heat-sensitive and those without effective cooling and/or adequate hydration.
- Heat impacts for those working outside or in a vulnerable population.

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. Stay hydrated by drinking water, more than usual, and avoid consuming alcoholic, sugary, or caffeinated drinks. Dress for the heat, such as lightweight and light-colored clothing. Monitor those with a higher vulnerability to heat, including those with pre-existing health conditions, the elderly and small children. Check in on family, friends, and neighbors, especially the elderly and those with chronic illness. 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 an air conditioned, cool and/or shaded location. Seek immediate medical attention for heat-related illness or injury that does not show improvement by moving to a cooler environment. Review [Centers for Disease Control and Prevention's warning signs and symptoms of heat-related illness](#) guidance in preparation of natural disasters and severe weather. Public cooling shelters are available in some areas. Consult with county officials for more details, which may include guidance for proper social distancing and safety measures.

Sincerely,

Original signed by

Tyler Sadwith
Deputy Director
Behavioral Health