



DATE: August 15, 2023

Behavioral Health Information Notice No: 23-037

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: Heat Advisory

PURPOSE: Provides notification to counties and providers that the National Weather Service (NWS) has issued a [heat advisory](#) from August 14 through August 17, throughout portions of Central California.

REFERENCE: [National Weather Service Website](#)

**BACKGROUND:**

Per the National Weather Service, a significant warming trend will bring high risk heat impacts throughout portions of Central California, with high temperatures of up to 107 degrees expected. Impacted counties include Amador, Fresno, Kern, Kings, Madera, Mariposa, Merced, San Joaquin, and Tulare.

**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:

- The National Weather Service issues a heat advisory within 12 hours of the onset of extremely dangerous heat conditions. A heat advisory means that a prolonged period of dangerously hot temperatures will occur and when the maximum heat index temperature is expected to be 100 degrees or higher for at least 2 days, and night time air temperatures will not drop below 75 degrees.
- 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