

DATE: June 29, 2023

Behavioral Health Information Notice No: 23-028

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 High-Heat Advisory

PURPOSE: Provides notification to counties that the National Weather Service (NWS) has issued an [Excessive Heat Watch](#) and [Heat Advisory](#) from June 30 through July 2, covering large portions of Northern and Central California and the San Francisco Bay Area due to forecasts of dangerous and excessive heat.

REFERENCE: [National Weather Service Website](#)

**BACKGROUND:**

Per the National Weather Service, a significant warming trend will bring high risk heat impacts to interior portions of the North, East and South Bay Areas, Santa Cruz Mountains, and Monterey and San Benito Counties later this week and into the holiday weekend with widespread triple digit temperatures in Sacramento and San Joaquin Valleys, Shasta and Colusa Counties and the Northeast Foothills and Motherlode.

**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.
- The hottest temperatures are currently forecast for Friday, June 30 - Sunday, July 2, 2023.

**POTENTIAL IMPACTS:**

- Sensitive groups will be impacted by heat across the state; the most vulnerable include children, the elderly, those without air conditioning, and those with chronic illness.
- Widespread high heat risk in the Central Valley will impact the entire population; heat-related illnesses such as heat exhaustion and heat stroke can easily occur due to prolonged exposure to hot temperatures.

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. 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