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

DATE: August 14, 2020

Behavioral Health Information Notice No: 20-048

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 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 August 14 to August 19, covering large portions of California, due to forecasts of dangerous and excessive heat.

BACKGROUND:
Per the NWS, a prolonged period of very hot temperatures is expected from Friday to Wednesday, with highs expected to reach between 100 and 108 degrees in several parts of the state, with higher temperatures expected to exceed 110 degrees in some Southern California areas. Overnight temperatures are expected to remain elevated, offering little relief. Marine influenced areas may experience slightly cooler overnight lows but will remain hot during the day. Areas of advisories and warnings are possible for next week, especially for Inland California and into the desert areas.

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.
- Heat events such as this are not unusual for this time of year, however, the extended heat wave with poor overnight recovery can be dangerous.
- Several widespread heat-related Watches and Warnings are also in effect through Monday in affected areas.
- Hottest temperatures and highest heat risk are expected on Saturday. Temperatures forecasted to be 10 - 15 degrees higher than normal in portions of the state starting Friday.

Potential Impacts
- Today through Monday, 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 power outages 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