



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



GAVIN NEWSOM
GOVERNOR

DATE: July 7, 2021

Behavioral Health Information Notice No: 21-033

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: Statewide Excessive Heat Alert

PURPOSE: Provides notification to counties that the National Weather Service (NWS) has issued Excessive Heat Warnings and/or advisories for July 8 to at least July 12, covering most of inland California due to forecasts of dangerous and excessive heat.

REFERENCE: [National Weather Service Website](#)

BACKGROUND:

Per the NWS, a significant warming trend will bring High Risk heat impacts to the inland regions and desert areas of California beginning Thursday, July 8 through at least Monday, July 12, 2021. High temperatures are expected to range from the Upper 90s to 120 degrees.

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.

KEY POINTS:

- High Risk heat impacts across much of California.
- Temperatures are expected to be in the upper 90s to 110 degrees for inland valleys, and 110 to 120 degrees for the lower deserts.
- Near record highs expected for inland areas.
- Increasingly warm overnight low temperatures.

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).
- Increased risk of heat-related illnesses.
- Elevated fire weather risk for plume driven wildfires, record dry fuel moisture, expanding drought conditions and low humidity. Increase in smoke related illness and injury in fire stricken areas.

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 those with pre-existing health conditions, 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. Anyone overcome by heat should be moved to a cool and 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 county officials for more details, which may include guidance for proper social distancing measures.

Sincerely,

Original signed by

Kelly Pfeifer, M.D.
Deputy Director
Behavioral Health