



MICHELLE BAASS
DIRECTOR

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



GAVIN NEWSOM
GOVERNOR

DATE: September 1, 2022

Behavioral Health Information Notice No: 22-047

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 Warning

PURPOSE: Provides notification to counties that the National Weather Service (NWS) has issued Excessive Heat Warnings and/or advisories across the majority of the state beginning August 31, 2022 and lasting through Labor Day weekend.

REFERENCE: [National Weather Service Website](#)

BACKGROUND:

Per the NWS, a significant warming trend will bring high risk heat impacts to the Inland, Coastal, and Southern Regions of California. The hottest temperatures are currently forecast for Friday, September 2, 2022 through at least Tuesday, September 6, 2022. High temperatures are expected to range from 95 to 110 degrees. Above normal and hot temperatures are expected to continue for most of the state into next week, September 5-10, 2022.

An excessive heat warning means that a prolonged period of dangerously hot temperatures will occur.

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:

- Moderate risk to very high risk heat impacts across portions of Inland, Coastal, and Southern Regions expected through next week, with the hottest temperatures expected this weekend.
- Temperatures 10 to 20+ degrees above normal.
- Poor overnight temperature recovery.
- Several heat-related Watches and Warnings have been issued for areas across the state through Tuesday, September 6, 2022, with more predicted to come.

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 Southern California and 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.. 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.

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Sincerely,

Original signed by

Tyler Sadwith
Deputy Director
Behavioral Health