



# Heat Action Plan for Patients with COPD or Asthma

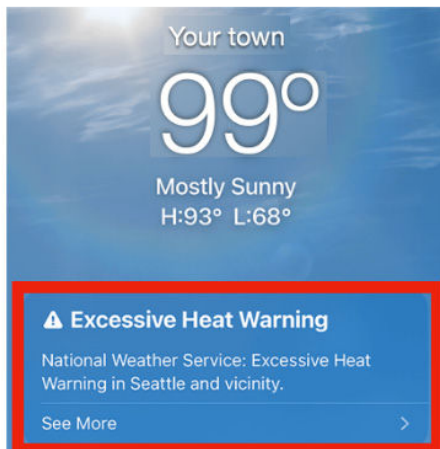
## Patients

Complete this plan before the warm season in your area. Use this plan to stay safe when it's hot outside.

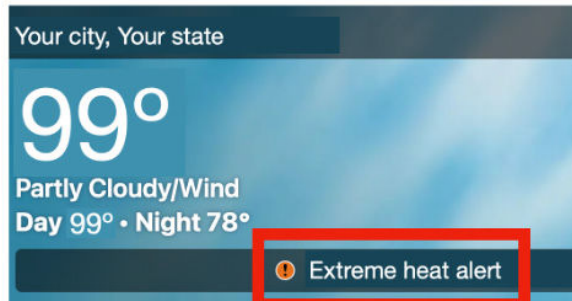
**1. Know when being outside may put your health at risk.** To get your local forecast, including local air quality, go to your phone's weather app or [weather.com](https://www.weather.com) and type your town or zip-code in the search box at the top of the screen.

**Look for a heat advisory or excessive heat warning and check the local air quality.**

Phone weather app



weather.com



Weather alerts will appear in areas outlined in red (including heat advisories and heat warnings)

You can also tune in to your local weather forecast on TV or radio and listen for an announcement of a heat advisory, extreme heat warning, or air quality alerts.

To learn more about air quality and the Air Quality Index (AQI), ask your provider for the "Heat Tip Sheet - COPD, Asthma".

**2. Know how to stay cool.**

**If there is a heat advisory or excessive heat warning, I will:**

- Open windows, use fans and/or air conditioning to try to keep the temperature in your home less than 80°F.
- Plan to go somewhere cooler if you are unable to keep the temperature below 80°F. You will want to go someplace you easily can get to. This could be a neighbor's home, a place of worship, a community center, a local building designated as a cooling center, or even a shaded area in a local park.

My preferred place to go to stay cool is

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The address is

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To get there, I will

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### 3. Know what to do when the air outside is not safe to breathe.

Most weather forecasts will tell you how safe the air outside is to breathe by giving you an air quality index (AQI) number. The higher the AQI number, the less safe the air is.

Have your healthcare provider check the action(s) you should take for each AQI level below.

**AQI Basics for Ozone and Particle Pollution**

AQI value	Description of air quality health risks
0 to 50 Good	Air pollution poses little or no risk.
51 to 100 Moderate	Air pollution may be a risk for some people who are very sensitive to air pollution.
101 to 150 Unhealthy for Sensitive Groups	People sensitive to air pollution may experience health effects.
151 to 200 Unhealthy	People in good health may get sick. People sensitive to air pollution may have more serious health effects.
201 to 300 Very Unhealthy	Air pollution is harmful to everyone.
301 + Hazardous	Air pollution is an emergency for everyone.

#### 4. Know how to manage your medications.

**If there is a heat advisory or excessive heat warning, I will:**

- Make the following changes to my medications:
- Contact my provider to ask about my medications.

I will contact my provider by:

- Sending a message through my patient portal
- Calling the office at \_\_\_\_\_

#### 5. Know how to stay hydrated.

Drink small amounts over time. Avoid sugary drinks, drinks with caffeine (such as coffee and tea), and alcohol.

**When it is hot outside, I will:**

- Drink enough fluid that my urine stays light yellow or clear.
- Drink \_\_\_\_\_ (circle one) ounces / liters / mL / quarts of fluid every \_\_\_\_\_ hours. (For reference, a can of soda is 12 ounces/355mL.)
- Contact my (circle one) primary care provider / kidney doctor / cardiologist / other provider \_\_\_\_\_ to discuss how much I should drink and what I should eat.