Heat Action Plan
Patients

Complete this plan well 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, go to your phone’s weather app or [weather.com](http://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 warning.

   ![Phone weather app](image)

   ![weather.com](image)

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

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.

   If I go somewhere cooler, my preferred place to go to stay cool is:
The address is:

________________________________________________________________________

To get there, I will:

________________________________________________________________________

3. 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.

If I have to contact my provider, I will do so by:

☐ Sending a message through my patient portal

☐ Calling the office at ____________________________________________

4. 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 / mLs / 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.