



Heat Action Plan

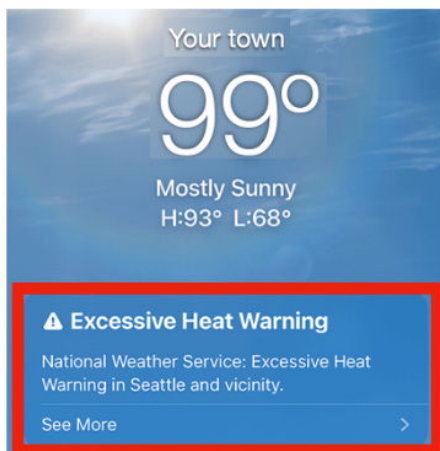
Patients

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

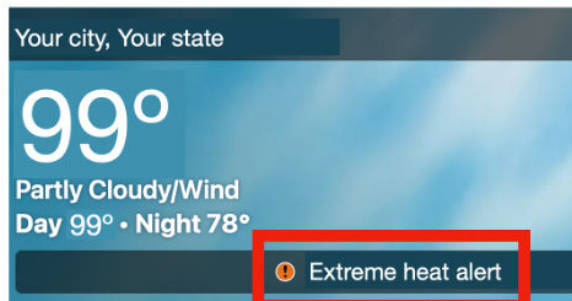
- 1. Know when being outside may put your health at risk.** To get your local forecast, go to your phone's weather app or weather.com and type your town or zip-code in the search box at the top of the screen.

Look for a heat advisory or warning.

Phone weather app



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 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.