**Heat Action Plan**

**Patients**

**First, know when being outside may put your health at risk.**

To get your local forecast, use your phone’s weather app or go to weather.com and type your town or zip-code in the search box at the top of the screen.

**Click the app and look for a heat advisory or heat warning**

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

**If your local forecast has a heat advisory or an excessive heat warning, do the following:**

- Open windows, use fans and/or air conditioning to keep the temperature in your home less than 80°F. If you are unable to keep the temperature below 80°F plan to go somewhere cooler.

- Plan to go somewhere cooler. You will want to go someplace you can get to easily and that has air conditioning. This could be a neighbor’s home, a place of worship, or a community center.

**My preferred place to stay cool is**

______________________________

**Address**

______________________________

**To get there**

______________________________
If you take medications,

- make the following changes:

- contact your provider to ask about your medications through your patient portal or by calling:

To keep yourself hydrated, drink small amounts over time.

Avoid sugary drinks, drinks with caffeine (such as coffee and tea), and alcohol.

- Drink _______ (circle one) ounces / liters / mLs / quarts of fluid every _______ hours.
  For reference, a can of soda is 12 ounces/355mLs.

- Contact your (circle one) primary care provider/ kidney doctor / cardiologist / other provider ______________ to discuss how much you should drink and what you should eat.

Notes: