



Heat Action Plan for Patients with Diabetes 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 _____

