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 ____________________________________________
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: