



## Quick Start Guide for Clinicians on Heat and Health

Use this guide to get started in protecting your patients from hot weather.

### 1. **Assess** your patient's risk factors for heat impacts on their health.

Use the **HEAT** questionnaire to ask about:

**H**ousing and Indoor Environment (e.g., air conditioning, stable housing)

**E**mergency Preparedness (e.g., someone to check on them)

**A**wareness of Health Risks (e.g., knowledge of medications and heat)

**T**emperature and Outdoor Environment (e.g., how much time spent outdoors)

### 2. **Teach** your patients how to know when heat is dangerous to their health.

- Teach your patients how to use the [HeatRisk Tool](#).
- Remind your patients how to use the [Air Quality Index](#) and explain how [poor air quality can make heat risk worse](#).

### 3. **Educate** your patients on steps they can take using a [Heat Action Plan](#).

- Review steps to stay cool, stay hydrated, and know how to recognize heat-related symptoms.
- Help your patients understand what to do when air quality is poor.
- Review [medications and develop a medication plan for hot days](#).