



## Quick Start Guide for Clinicians on Heat and Health

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

Use the **CHILL'D-OUT** questionnaire to ask about:

**C**ooling (e.g., air conditioning)

**H**ousing (e.g., stable housing)

**I**solation and mobility (e.g., someone to check on them)

**e**lectricity (e.g., plan for refrigerated medications if heat causes a power outage)

**L**earning (e.g., know how to use the HeatRisk Tool)

**D**rugs (e.g., medications that might make heat riskier for your patient)

**O**utside (e.g., amount of time spent outside)

### 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.