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:
   - Cooling (e.g., air conditioning)
   - Housing (e.g., stable housing)
   - Isolation and mobility (e.g., someone to check on them)
   - Electricity (e.g., plan for refrigerated medications if heat causes a power outage)
   - Learning (e.g., know how to use the HeatRisk Tool)
   - Drugs (e.g., medications that might make heat riskier for your patient)
   - Outside (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.